

# Easy Tomato Halibut Piccata

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This easy Tomato Halibut Piccata is from the restaurant menu. Don't let that intimidate you, you can make it in your home kitchen in less than 30 minutes, in one pan.

I try to incorporate fish in my family meals once or twice a week, halibut is one of my favorite white fish, it is firm, yet flaky with a hearty, tender texture. And if you're not big on the taste of fish, you will appreciate the mild flavor of Halibut.

Whether you're trying to add more fish to your diet or just looking for a bright and quick summer dinner that will deliver on flavor and nutrition, this one pan halibut recipe with tomatoes, lemon and capers is the order.

Halibut and tomatoes tossed in a piccata sauce with lots of lemon, olive oil, capers and fresh herbs, make this fish dinner a perfect nutritious family meal any night of the week, and it's a restaurant quality meal perfect for Saturday night dinner with friends.

## Things to know about this Easy Tomato Halibut Piccata

Halibut is a firm white fish, with a mild flavor, making it perfect for the bold lemony, caper sauce in this Tomato Halibut Piccata recipe. but it can be a bit pricey.

If possible buy your halibut at a market that sells fresh of the boat seafood. Typically, one pound of halibut will yield two very generous portions. Buy the thick end of the halibut

fillet and to make it easier on yourself, skinless.

Always buy the freshest fish available. Fresh seafood should not have any smell except the salty smell of the ocean.

This is a delicious restaurant quality dinner you can make in your kitchen to show off what a great home chef you are. If you are trying to add more fish to your recipe rotation try my **Quick and Easy Salmon Piccata** or my **Italian dover sole in lemon wine sauce**

If you make this recipe please leave me a comment, and don't forget to tag me on Instagram with your creations. Hearing your you is my favorite part!!!

## Ingredients

- 1 lb. fresh halibut fillet ( 2 pieces)
- 1 cup grape tomatoes quartered
- 1 Tablespoon chopped garlic
- 1/4 cup chopped onion
- 1/2 cup capers
- 1 cup chicken stock
- 1/2 cup fresh lemon juice
- 2 Tablespoon each chopped basil, Italian parsley and lemon zest
- 1 tablespoon olive oil and 2 tablespoons of butter
- Salt and pepper to taste

## Instructions

1. Salt and pepper the halibut
2. In a large saute pan bring the butter and olive oil to medium heat
3. Sear the fish 3 to 5 minutes per side remove and set aside
4. Add tomatoes, onions and garlic saute until tender and

beginning to brown

5. Add rest of ingredients simmer 10 minutes
6. Return Halibut to the pan heat through
7. Plate pour tomato caper sauce over, sprinkle with additional basil and Italian parsley