



I ❤️ West Coast SEAFOOD

Herb-Crusted Halibut

25 min

CA

OR

WA

4

Ingredients

4 teaspoons lemon zest

4 teaspoons fresh dill

4 teaspoons fresh parsley leaves, chopped

4 teaspoons fresh chervil leaves, chopped

2 teaspoons black pepper

4 halibut fillets

1 1/2 teaspoons salt

4 teaspoons Dijon mustard

1 tablespoon vegetable oil

In a bowl, combine lemon zest, dill, chives, parsley, chervil, and black pepper. Sprinkle fillets with salt and then coat one side of each fillet with 1 teaspoon of Dijon mustard.

Next, press the mustard-coated side into the lemon-herb mixture.

Add the vegetable oil to a skillet over medium-heat.

Place fillets, coated side down, into the hot oil.

Cook for 3 to 3 1/2 minutes, or until crust turns golden.

Flip and cook for another 3 minutes, until fish flakes easily when scraped with a knife.

Recipe adapted from [Emeril Lagasse, Food Network](#)

Species Group

Halibut