



## **GRILLED HALIBUT WITH FENNEL, RED ONIONS AND OREGANO**

This dish is fast, healthy and combines a Sicilian favorite combo of mine: oranges, red onions and oregano. Fennel is a winter favorite, but in most markets it is available year round and in my family we used it as a digestive during big meals throughout the year.

**Prep Time:** 10 min

**Cook Time:** 15 min

*Serves:* 4

### **Ingredients**

- 4 (6-ounce) halibut filets
- Extra-virgin olive oil, 2 tablespoons plus some for drizzling
- Salt and pepper
- Crusty bread, cut into thick slices
- 1 orange
- 1 bulb fennel, quartered, core removed, thinly sliced
- 1 red onion, thinly sliced
- 2 tablespoons red wine vinegar, a couple of splashes
- Handful flat-leaf parsley, chopped
- 1 tablespoon chopped fresh oregano leaves, 2 sprigs

### **Directions**

Heat a grill pan or outdoor grill over high heat.

Drizzle extra-virgin olive oil over the fish and season with salt and pepper. Grill 4 minutes on each side until fish is firm but not tough and cooked through. Grill bread alongside or char under broiler then dress with extra-virgin olive oil, salt and pepper as well.

Preheat a skillet over medium-high heat.



While fish cooks, peel the orange as you would a melon: cut off ends, stand it upright and cut off skin and pith in thin strips from top to bottom. Cut orange across into thin slices.

To preheated skillet add extra-virgin olive oil, 2 turns of the pan, the fennel and onions, season with salt and pepper and cook 3 to 5 minutes until seared and beginning to soften. Add vinegar to the pan and give it a shake. Remove from heat and toss in the oranges, the parsley and oregano. Adjust seasoning and serve salad on dinner plates topped with fish, and seasoned bread alongside.