

# ALASKA HALIBUT WITH ORANGE BEARNAISE SAUCE



**prep time: 10 cook time: 15 servings: 4**

## INGREDIENTS

3/4 cup milk  
1 package (about 1 oz.) Bearnaise sauce mix  
1/4 cup butter  
1/4 cup orange juice  
1 Tablespoon fresh lemon juice  
2 teaspoons fresh OR 1/2 teaspoon dried grated orange peel  
4 Alaska Halibut steaks or fillets (4 to 6 oz. each)  
1 Tablespoon olive, canola, peanut or grapeseed oil  
Salt and pepper, to taste  
1 lb. fresh or frozen asparagus spears, trimmed

## DIRECTIONS

Whisk together milk and Bearnaise mix in small saucepan over medium heat. Stir in butter until melted. Blend in orange juice, lemon juice and orange peel; stir and cook until thickened. Cover and keep warm.

Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of halibut with oil. Place halibut in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn fillets over and season with salt and pepper. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen halibut OR 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

While fillets are cooking, cook asparagus spears in small amount of water over medium-high heat until crisp-tender. Drain and keep warm.

To serve, place 1/4 of the asparagus on plate. Top with a halibut portion and drizzle with sauce.

Nutrients per serving: 375 calories, 20g total fat, 8g saturated fat, 48% calories from fat, 80mg cholesterol, 35g protein, 13g carbohydrate, 3g fiber, 429mg sodium, 175mg calcium and 1.1g omega-3 fatty acids



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