

Ginger-Glazed Halibut



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Ingredients

2 tablespoons honey
2 tablespoons low sodium soy sauce
2 tablespoons balsamic vinegar
1 tablespoon ginger root, fresh, minced
1 clove(s), medium garlic clove(s), minced
 $\frac{1}{4}$ cup(s) cilantro, fresh, divided
 $\frac{3}{4}$ teaspoons table salt, divided
 $\frac{1}{2}$ teaspoon black pepper, , divided
1 pound(s) uncooked halibut fillet(s)
1 tablespoon peanut oil

Method

1. To make marinade, combine honey, soy sauce, vinegar, ginger, garlic, 2 tablespoons cilantro, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper in a baking dish or bowl; set aside.
2. Wash fish and pat it dry. Rub remaining $\frac{1}{4}$ teaspoon each salt and pepper into both sides of halibut. Add fish to marinade, cover dish or bowl and refrigerate, turning once or twice, 30 minutes to 1 hour.
3. When you're ready to eat, remove fish from marinade;

reserve marinade.

4. Set a heavy skillet over medium heat; add oil. When oil begins to shimmer, add fish; cook until the flesh is no longer translucent, flipping once, about 4 to 6 minutes per side, depending on thickness of fillets. Immediately remove fish to a serving plate and tent to keep warm.

5. Set same skillet over medium heat; add marinade and cook until marinade thickens, about 3 to 5 minutes. Pour marinade over fish and garnish with remaining cilantro. Serve immediately.

Notes

Perfect with rice and a steamed vegetable like sugar snap peas or broccoli.

Prep

- Prep: 10 Minutes
- Cook: 17 Minutes

Source: Weight Watchers (Servings: 4 | Yield: about 3 1/2 ounces fish per serving.)