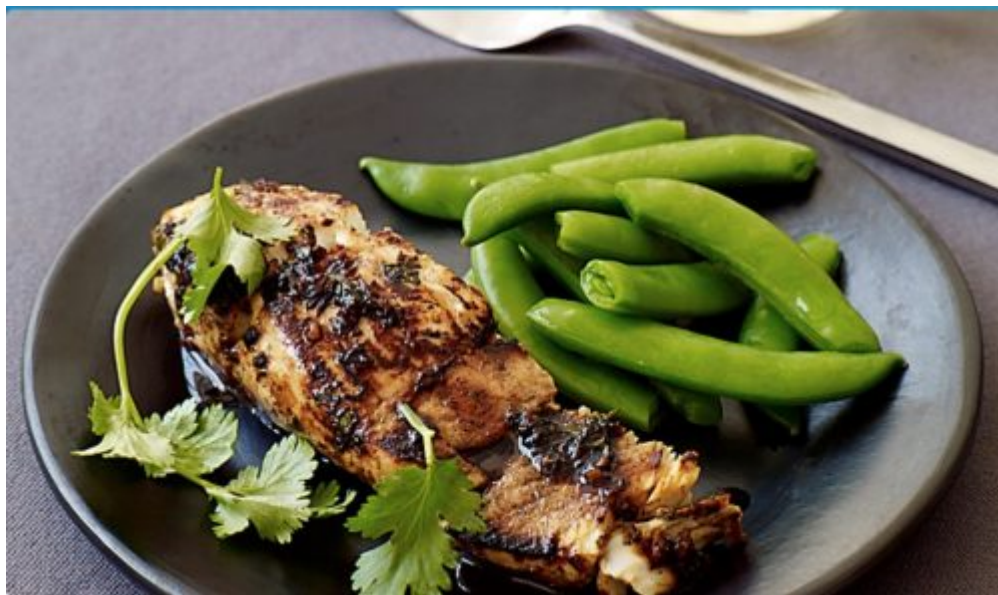


# Ginger-Glazed Halibut



## **Ginger-Glazed Halibut**

### 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.)