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Halibut with Spring Onion and Summer Squash Sauté

Serves 4

Ingredients

- 4 6-oz halibut fillets
- 8 spring onions or large scallions, bulbs separated from tops
- 4 tablespoons (or more) olive oil, divided
- 1 1/2 pounds assorted summer squash, cut into 1-inch pieces
- 1 tablespoon thyme leaves plus 4 sprigs
- Kosher salt and freshly ground black pepper

Directions:

Step 1

Cut onion bulbs in half lengthwise (quarter if large). Cut enough onion tops into 2" lengths to measure 1 cup. Heat 1 Tbsp. oil in a large skillet over medium-high heat until almost smoking. Add onion bulbs, cut side down; cook until golden, about 3 minutes. Transfer to a plate.

Step 2

Heat 1 Tbsp. oil in same skillet. Add squash; cook, stirring occasionally, until golden brown and just tender, about 5 minutes. Stir in onion bulbs, 1 cup onion tops, and 1 Tbsp. thyme leaves; season with salt and pepper and cook until onion tops wilt, about 1 minute longer. Remove from heat; set squash mixture aside.

Step 3

Heat remaining 2 Tbsp. oil in a large nonstick or cast-iron skillet over medium-high heat. Season halibut with salt. Add fish and thyme sprigs to skillet and cook until fish is golden brown, about 5 minutes. Turn fish and cook until just cooked through and opaque in the center, about 2 minutes longer. Divide onion-squash sauté among plates and top with halibut.