

Mediterranean baked halibut over couscous

SERVES: 2 TIME: 30 MIN

A really good fish that's really easy to make.

Ingredients

2/3 cup Israeli couscous (about 1.5 cups cooked)

8 oz halibut

2 cups cherry tomatoes, halved lengthwise

1 cup pearl red onion, halved lengthwise

1 Tbsp extra virgin olive oil

2 to 4 sprigs fresh oregano

1 tsp lemon zest

1 Tbsp lemon juice

kosher salt

Instructions

1. Heat oven to 400°F.

2. In a medium baking dish, combine cherry tomatoes, onion, and 1/2 Tbsp of olive oil. Season with a pinch or two of salt and bake for 10 to 15 minutes, until the tomatoes are bubbling and the onions are slightly soft.

3. Meanwhile, cook couscous according to package directions.

4. Remove the vegetables from the oven and give them a quick stir. Place halibut in the center of the baking dish, drizzle with remaining olive oil, and season with a pinch or two of salt. Top with oregano, lemon zest, and lemon juice; return to the oven and bake for 8 to 12 minutes or until the fish is opaque and cooked throughout. Serve over couscous.

NOTES:

This dish also works well with cod.

Golden couscous can be used in place of Israeli couscous.

Shallot or red onion can be used in place of pearl onion.

1/2 tsp dried oregano can be used in place of fresh.