



Roasted Halibut with Olive & Tomato Salsa

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 2 halibut fillets, each 8 oz and at least 1 inch thick (or cod)
- Sprinkle of kosher salt and coarse ground pepper
- ½ teaspoon O&V [Rosemary Dipper](#) *
- 4 teaspoon O&V [Unflavored EVOO](#) or [Garlic EVOO](#) (divided) *
- ¼ teaspoon O&V [Smoked Paprika](#) *
- 2 small lemons
- ¼ cup O&V [Kalamata olives](#) (pitted) *
- ½ cup quartered cherry tomatoes
- 6 O&V [Castelvetrano olives](#), pitted and quartered *
- ¼ cup O&V [Roasted Red Peppers](#) (chopped) *
- 2 tablespoons minced parsley
- 2 tablespoons golden raisins
- 2 teaspoons O&V [Sherry Vinegar](#) *

Preparation

Heat oven to 450F. Line a baking sheet with parchment paper.

Rub the fillets of fish with 1 teaspoon of Garlic EVOO and then season with the Rosemary Dipper, Smoked Paprika, salt and some course ground pepper. Place on the prepared baking sheet.

Thinly slice one lemon and arrange the slices over the pieces of fish, and add the kalamata olives to the pan as well.

Bake in the oven for 10 minutes and then place under the broiler for 1-2 minutes till the lemon slices are slightly browned and the fish is opaque.

While fish is cooking, prepare the olive and tomato salsa by tossing together the quartered cherry tomatoes, Castelvetrano olives, chopped roasted red peppers, minced parsley, raisins, sherry vinegar and 3 teaspoons of Garlic or Unflavored EVOO. Mix well and season with salt and pepper. Zest the second lemon and then cut into wedges.

Serve the cooked fish with the roasted sliced lemons, black olives, top with the tomato mixture and a garnish of lemon zest. Serve a lemon wedge alongside the fish.

Serves 2

Active time 20 minutes Total Time: 20 minutes

Notes

* The [Garlic EVOO](#) adds wonderful flavor and antioxidants to this dish but if you prefer you can just use a nice high quality [Unflavored Oil](#) instead.

The [Rosemary Dipper](#) and [Smoked Paprika](#) provide taste and depth to the fish itself, and but can be substituted with a light good quality herb mix. The **Sherry vinegar** adds classic Spanish bite and pairs extremely well with the **Garlic** or **Unflavored EVOO** to create a nice tangy salsa.

The [Kalamata Olives](#), **Castelvetrano Olives** and **Roasted Red Peppers** are all of high quality and add briny flavor to the fish.

All highlighted products are available at [Oil & Vinegar stores](#).

Categories: Entrée, Gluten Free, Dairy Free, Easy Entertaining, Seafood, Fish, Sherry Vinegar, Garlic EVOO, Unflavored EVOO, Lemon & herb Rub, Smoked Paprika, Kalamata Olives, Castelvetrano Olives, Roasted Red Peppers, Spanish Olive & Tomato Salsa, Roasted Halibut, Cod,