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Poached Halibut

Ingredients

110 grams halibut

½ cup water or vegetable broth

1 tablespoon lemon juice

1 Tablespoon chopped onion

1 clove garlic crushed and minced

½ teaspoon fresh ginger

Pinch of grated orange zest

Salt and pepper to taste

Stevia to taste

Directions

Heat water or vegetable broth in a small frying pan. Add lemon juice, onion, garlic, and spices. Poach halibut filet for 5-10 minutes until fish is tender and cooked thoroughly. May also be wrapped in foil and placed on the barbeque. Serve topped with remaining juices as a sauce.

Makes 1 serving (meat)