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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)