



Prosciutto Halibut

- 1 halibut filet
- 4 slices prosciutto di parma
- ½ cup all-purpose flour
- 2 tbsp. butter
- 2 oz extra virgin olive oil
- 1 lemon, juiced
- ½ cup pine nuts, toasted
- ¼ cup fresh Italian parsley, chopped

In a small pan with a small drizzle of olive oil, heat on medium heat and toast pine nuts until golden brown and remove from heat.

Coat halibut in all-purpose flour, and drop in a hot skillet of butter and remaining oil. Cook on each side for about 3-5 minutes (until white in the middle).

Remove, place over bed of prosciutto and garnish with nuts and parsley.

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

