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Fennel Marinated Halibut with Tzatziki

Serves 4

Ingredients:

1 tsp lemon zest
1 TBSP fresh lemon juice
1 TBSP EVOO
2 tsp fennel seeds, crushed
1/8 tsp black pepper, freshly ground
½ tsp sea salt, divided
4 (6oz.) halibut fillets
1 cup plain low-fat yogurt
½ cup fennel bulb, shredded
2 tsp fennel fronds, chopped
1 garlic clove, minced
cooking spray

Preparation:

1. Combine lemon zest and juice, oil, fennel seeds, pepper, and ¼ teaspoon salt in a large zip-top plastic bag; add fish. Seal and marinate in the refrigerator for 1 hour, turning occasionally.
2. Preheat broiler. Spoon yogurt onto several layers of heavy-duty paper towels; spread to ½-inch thickness. Cover with additional paper towels; let stand for 5 minutes. Scrape into a bowl using a rubber spatula. Add ¼ teaspoon salt, shredded fennel bulb, chopped fennel fronds, and garlic. Cover and refrigerate.
3. Remove fish from bag; discard marinade. Place fish on a broiler pan coated with cooking spray. Broil 8 minutes or until the fish flakes easily when tested with a fork. Serve with yogurt sauce.



Food Fairy Note:

Adapted from: *Fennel Marinated Halibut with Tzatziki*, David Bonom, My Recipes.com

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