

## Stuffed Halibut Filet

### Ingredients

- 1 6 oz. Halibut filet
- 4 Tbsp. olive oil for filling
- 1/4 cup olive oil for filets
- 1/4 white onion, small dice, cook until translucent
- 1/2 tomato, seeds out and small dice
- 1 cup chopped spinach
- salt and pepper to taste

### Directions

Cut Halibut filet lengthwise in half, thick end to thin leaving 1/4" not cut through on the thin side (this is so the filling doesn't fall out and the filet stays intact). Set aside.

### For the filling:

In a hot skillet, add olive oil and white onion, cook until translucent. Add tomato and spinach, season with salt and pepper. Cook until spinach is wilted.

### Assembly and Cooking:

Fill filet with prepared filling. In hot skillet add 1/4-cup olive oil. Place filet carefully in pan and cook on each side until brown, turning carefully with long spatula.

If fish isn't cooked through, add 3 Tbsp. of water and cover with lid.

Serve hot, add salt and pepper if needed. Serve with lemon.