

Halibut with Capers

Very easy seared halibut with a buttery wine and caper sauce. It takes hardly any time at all to make, but it is sure to leave a lasting impression.

Cooking Information:

Serves: 4

Total Time: 25 minutes



Ingredients:

- * 1 tablespoon olive oil
- * 2 (8 ounce) halibut steaks
- * ½ cup white wine
- * 1 teaspoon chopped garlic
- * ¼ cup butter
- * salt and pepper to taste
- * 2 tablespoons capers, with liquid

Magnesium per ingredient*

- 0 mg
- 484 mg
- 0 mg
- 0 mg
- 0 mg
- 0 mg
- 0 mg

Directions:

1. Heat the olive oil in a large skillet over medium-high heat. Fry the halibut steaks on both sides until nicely browned. Remove from pan, and set aside.
2. Pour the wine into the pan, and use a spatula to scrape any browned bits from the bottom. Let the wine reduce to almost nothing, then stir in the garlic, butter, and capers. Season with salt and pepper to taste. Let the sauce simmer for a minute to blend the flavors.
3. Return the steaks to the pan, and coat them with sauce. Cook until fish flakes easily with a fork. Serve fish immediately with the sauce from the pan poured over it.

One serving of this recipe contains approximately 121 mg of magnesium* based on the Magnesium Calculator within this site. Visit our Magnesium Calculator to find out how much magnesium is in your favorite recipes.

***This is only an approximation of magnesium intake.**