

Olive-Oil Poached Halibut Nuggets With Garlic and Mint

By Melissa Clark



Andrew Scrivani for The New York Times

Total Time About 15 minutes

Rating ★ ★ ★ ★ ★ (337)

INGREDIENTS

Yield: 2 servings

- 1 pound halibut fillet, cut into 1¼-inch cubes
- ¼ teaspoon fine sea salt, more to taste
- ¼ teaspoon freshly ground black pepper, more to taste
- 4 tablespoons extra virgin olive oil
- 1 small rosemary sprig
- ½ teaspoon dried mint
- 2 garlic cloves, minced
- Fresh lemon juice, to taste (optional)
- Chopped fresh mint, for garnish

PREPARATION

Step 1

Season halibut all over with a generous pinch of salt and pepper. In a medium-size skillet just large enough to hold fish cubes in a single layer, heat oil over low heat. Add fish, rosemary sprig and dried mint, and let cook slowly until fish begins to turn opaque, about 3 minutes.

Step 2

Stir in garlic and ¼ teaspoon each of salt and pepper, and cook until garlic is fragrant and fish is just cooked through, another 3 minutes or so (heat should be low enough so as not to brown the garlic or fish but high enough to gently cook everything; the cooking time will vary widely with your stove).

Step 3

Taste and add more salt and pepper and a few drops of lemon juice if desired. Stir in the fresh mint and serve, using a slotted spoon if you want to leave the poaching oil in pan; it is delicious over couscous or potatoes.