Herb-Baked Halibut with Garlic Green Beans

Tender halibut baked with fresh herbs and lemon, paired with sautéed garlic green beans for a light, protein-packed meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 halibut fillets (6 oz each)
- 1 tbsp olive oil
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- Salt and pepper to taste
- 1 lemon, sliced
- 12 oz fresh green beans, trimmed
- 2 cloves garlic, minced
- 1 tbsp butter
- Salt to taste

Instructions

1. Preheat oven to 400°F.
2. Place halibut fillets on a baking sheet lined with foil or parchment.
3. Drizzle olive oil over fillets, then sprinkle thyme, parsley, garlic powder, salt, and pepper evenly.
4. Top each fillet with lemon slices.
5. Bake for 12-15 minutes or until fish is opaque and flakes easily.
6. While fish bakes, heat butter in a skillet over medium heat.
7. Add minced garlic and sauté for 1 minute until fragrant.
8. Add green beans and cook, stirring occasionally, for 6-8 minutes until tender-crisp.
9. Season green beans with salt and remove from heat.
10. Serve halibut alongside garlic green beans immediately.

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