# Prosciutto-Wrapped Halibut with Spanish Rice &

# Herb Butter Sauce

SERVES 4 PREP TIME 25 Minutes COOK TIME 20 Minutes

## Ingredients

Halibut
4 halibut portions (6 oz each, skinless) - Options include Rockfish or Sablefish
8 thin slices prosciutto
1 tbsp olive oil
Salt and white pepper
1 tbsp fresh parsley, finely chopped
Spanish Tomato Rice
1 cup arborio or medium grain rice
2 tbsp olive oil
1/4 cup finely diced onion
2 tbsp diced red bell pepper
1 garlic clove, minced
1/2 cup crushed tomato
1 1/2 cups chicken or seafood stock
1/4 tsp smoked paprika
1 tbsp diced roasted tomato or pimento
Salt to taste
Lemon Herb Butter Sauce
1/2 cup dry white wine
1 tbsp shallots, minced
1 tbsp lemon juice
6 tbsp cold butter, cubed
1 tbsp fresh herbs (parsley, chives, or tarragon)
Pinch salt

## Directions

1. Prepare the Spanish Rice
Heat olive oil in a saucepan over medium heat.
Sauté onion, bell pepper, and garlic until softened.
Stir in rice and toast lightly for 2 minutes.
Add crushed tomato, paprika, and stock.
Simmer covered for 15 minutes until rice is tender and slightly creamy.
Stir in roasted tomato pieces and season with salt.
2. Wrap and Cook the Halibut
Season halibut lightly with salt and pepper.
Wrap each piece with two slices of prosciutto, crossing them around the fish.
Heat olive oil in an oven-safe pan over medium-high heat.
Sear halibut 2 minutes per side until prosciutto begins to crisp.
Transfer pan to a 375°F oven for 6–8 minutes until fish flakes but remains moist.
3. Make the Herb Butter Sauce
In a small saucepan combine wine, shallots, and lemon juice.
Simmer until reduced by half.
Whisk in cold butter a few cubes at a time to form a light emulsion.
Stir in fresh herbs and season with salt.
Plating
Spoon a mound of Spanish rice in the center of a bowl or plate.
Place the prosciutto-wrapped halibut on top.
Spoon herb butter sauce around the fish.
Finish with chopped parsley and a drizzle of olive oil.
Crisp the prosciutto slightly before serving and finish the dish with a few drops of smoked paprika oil or chili oil for color contrast.