

## **Halibut Prep Box Directions**

Preheat oven to 400 degrees

Place aluminum pan with the halibut in your oven at 400 degrees for approx. 10-14 minutes (depending on how you like your fish done) recommended 145 degrees internal temperature.

In a sauté pan, put olive oil and garlic, after about a minute, add your cous cous, turn off heat, mix in 1 tablespoon butter & Italian herbs, season with salt and pepper

Seasonal veg, you can either dice the veggies and sauté it to add to your cous cous, OR in a separate baking pan drizzle olive oil with salt & pepper and bake it in the oven for 7-8 minutes at 400 degrees.

Cous cous is already cooked, it is just to heat it up.