

DINNER

Halibut with Lemon, Capers, and Croutons

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	4	\$6.23	518 kcal



The recipe Halibut with Lemon, Capers, and Croutons can be made in roughly 30 minutes. For \$6.23 per serving, you get a main course that serves 4. One serving contains 518 calories, 37g of protein, and 27g of fat. 1 person found this recipe to be flavorful and satisfying. It is brought to you by Foo...

Ingredients

☐ 1 stick plus 2 tablespoons butter	☐ 1 tablespoons capers (depending on taste)
☐ ½ cup all-purpose flour	☐ 1 tablespoon finely chopped fresh parsley leaves
☐ 24 ounce halibut (preferably Pacific)	☐ 1 lemon, juiced
☐ 4 servings Salt and freshly ground black pepper	☐ 6 slices stale white sandwich bread, crusts removed and cut into 1/2-inch cubes

Method

- 1 In a medium saute pan over medium-high heat, melt 4 tablespoons of the butter. When the foam subsides, fry the cubes of bread until golden and crusty, about 4 to 7 minutes.
- 2 Remove the croutons from the pan with a slotted spatula and set aside on paper towels to drain. Wipe out the pan.
- 3 Place the flour on a plate and season well with salt and pepper. Dredge the halibut in the flour and shake off excess.
- 4 Return the saute pan to the heat and melt 4 more tablespoons of butter. When the foam has subsided add the fish to the pan. Cook, turning once, until the fish is no longer translucent in the center, flakes easily, and is golden brown on both sides, about 4 to 7 minutes per side.
- 5 Transfer the fish to a serving platter and wipe out the pan.
- 6 Melt the additional 2 tablespoons of butter, and when the foam subsides add the capers and croutons.
- 7 Saute briefly, then add the lemon juice and parsley and swirl to combine.
- 8 Pour over the fish on the serving dish and serve immediately.

Nutrition per serving

518

KCAL

37 g

PROTEIN

27 g

FAT

31 g

CARBS

Saturated Fat	15.4 g · 96% of daily needs
Fibre	1.4 g · 6% of daily needs
Sugar	2.3 g · 3% of daily needs
Sodium	533 mg · 23% of daily needs
Cholesterol	144 mg · 48% of daily needs
Vitamin C	4.3 mg · 5% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/halibut-with-lemon-capers-and-croutons-142535