

DINNER

Roasted Halibut with Chervil Sauce

15 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
30 min	6	\$5.98	371 kcal



The recipe Roasted Halibut with Chervil Sauce can be made in roughly 30 minutes. For \$5.98 per serving, this recipe covers 23% of your daily requirements of vitamins and minerals. One serving contains 371 calories, 30g of protein, and 23g of fat. This recipe serves 6.

Ingredients

- ☐ ½ oz ¾ cup loosely packed chervil sprigs
- ☐ 1 teaspoon freshly ground coriander
- ☐ 6 servings MARINADE AND FISH
- ☐ 1 green onion, roughly chopped
- ☐ 6 servings SAUCE
- ☐ 1¼ teaspoons kosher salt
- ☐ ¾ cup loosely packed chervil sprigs, plus sprigs and chive flowers for garnish
- ☐ 1 cup dry white wine
- ☐ 2 tablespoons finely chopped flat-leaf parsley
- ☐ 2 pounds skinned halibut fillets, cut into 6 equal servings
- ☐ ½ tsp About kosher salt
- ☐ 1 tablespoon lemon juice

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☐ ¼ cup extra-virgin olive oil

☐ 2 tablespoons finely chopped shallots

☐ 6 tablespoons unsalted butter, at room temperature

EQUIPMENT Bowl, Baking sheet, Sauce pan, Oven, Whisk, Blender

Method

- 1 Preheat oven to 32
- 2 Blend marinade ingredients until very smooth.
- 3 Pour into a bowl, add fish, and gently turn to coat. Rinse blender and dry.
- 4 Arrange fillets on a rimmed baking sheet and bake until they flake slightly when gently pressed, the last bit of translucence is fading from their centers, and a bit of liquid collects around them, 12 to 14 minutes.
- 5 Meanwhile, make sauce: Put wine, shallots, and lemon juice in a small saucepan and bring to a boil over high heat. Cook until reduced by half, about 4 minutes, then whisk in butter, 1 tbsp. at a time.
- 6 Pour into a blender and whirl briefly, then add 3/4 cup chervil and pulse until finely chopped.
- 7 Pour sauce into 6 shallow bowls. Top with fish, add salt to taste, and garnish with chervil and flowers.

Nutrition per serving

371

KCAL

30 g

PROTEIN

23 g

FAT

5 g

CARBS

Saturated Fat	8.9 g · 56% of daily needs
Fibre	1 g · 4% of daily needs
Sugar	1 g · 1% of daily needs
Sodium	803 mg · 35% of daily needs
Cholesterol	105 mg · 35% of daily needs
Vitamin C	6.5 mg · 8% of daily needs

Adapted from Food and Wine. Find this recipe, ratings and more ideas at whatsheate.com/roasted-halibut-with-chervil-sauce-142645