

Core Cooking with Mandie Shockley

“Just for the Halibut”



INGREDIENTS

Serves 2

8-16oz Fresh Halibut

1 cup cherry tomatoes

¼ onion sliced

Aluminum Foil

Fresh Basil

Pink Himalayan Salt

Fresh Cracked Black Pepper

INSTRUCTIONS

Heat grill on medium. (This recipe can also be done in the oven.)

Tear off a large piece of aluminum foil big enough to make a foil packet for all ingredients. Add halibut to foil. Sprinkle with pink Himalayan salt and black pepper.

Top with onion and tomatoes.

Seal up packet and place on grill for about 8-10 minutes.

When finished cooking, pour contents of packet into a bowl and top with shredded basil.

NOTE this recipe was created on the spot, and turned out to be one of the best ones of the day. There was not one bite left after our film crew tested it out 😊