

GRILLED FISH STEAKS WITH MUSTARD SAUCE

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Ingredients for life.

“Make the creamy sauce while the fish grills, and this special dinner will be ready quick as a wink”

Prep time: **15** minutes

Ingredients:

- 2 halibut, cut into $\frac{3}{4}$ to 1 inch thick (10 oz)
- 5 ml Safeway SELECT Verdi Extra-Virgin Olive Oil
- 15 ml dry white wine
- 30 g Lucerne Whipping Cream
- 5 ml Safeway SELECT Classic Dijon Mustard
- 15 g cold Lucerne Butter, cut into 4 pieces
- salt and pepper to taste

Directions:

1. Generously oil and preheat barbecue grill. Rinse fish and pat dry; brush both sides of each steak with oil.
2. Place fish on grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Close lid if using a gas grill.
3. Cook, turning once with a wide spatula, until fish is opaque but still moist-looking in thickest part (cut to test), 6 to 8 minutes.
4. While fish is cooking, combine wine, cream, and mustard in a 1 to 1 $\frac{1}{2}$ quart pan. Bring to a full boil over high heat; then remove from heat and whisk in butter until sauce is smooth. Season to taste with salt and pepper.
5. Lift fish steaks onto warm plates and drizzle each serving with half the sauce.

Makes 2 servings.



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SAFEWAY SIGNATURE SOUP is a flavourful ingredient to make these amazing restaurant quality dishes right in your own home. These recipes ALWAYS SATISFY!

