



Fresh. Simple. Sustainable.

Sear-Roasted Ono (Wahoo) in Tomato Sauce **adapted from Bobby Flay's Grilled Wahoo recipe**

We like the tomato sauce that Bobby Flay makes in his grilled Ono recipe. But here in Chicago the weather doesn't always allow us to grill, so we've adapted the recipe for indoor cooking. By all means, grill if you can!

- 1 clove garlic, chopped
- ½ pint cherry tomatoes, halved or quartered if large
- ½ tablespoon capers
- 2 tablespoons kalamata olives, chopped
- Juice and zest of ½ lemon
- 1 teaspoon thyme
- 2 tablespoons parsley
- 2 6-ounce Ono fillets
- Olive oil
- Salt
- Pepper

Brush both sides of fish with olive oil and season with salt and pepper.

In an ovenproof skillet, sauté garlic about 1 minute until it's translucent. Add tomatoes, capers, and olives, and sauté for about 5 minutes, until tomatoes begin to break down and form a sauce. Add lemon zest and juice, thyme, and salt and pepper (to taste). Stir to combine and set aside.

Meanwhile, sear fish in another skillet, flesh side down for approximately 3 minutes or until the fish can easily be turned. Sauté skin side down about 1 minute. If there is skin on the fish, remove skin and add the fillet to the tomato sauce, flesh side up. Transfer to oven and cook for an additional 5 minutes, or until fish is done. Sprinkle parsley on top and serve.

Serves 2

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