

HOOKED ON FISH

Fresh. Simple. Sustainable.

Pan Roasted Meagre (with Salsa Verde)

Santa Monica Seafood

2 fillets of Meagre
3 Tbsp. of Salsa Verde
3 Tbsp. of olive oil
salt and pepper to taste
2 Tbsp. micro greens

Pre-heat your oven to 450°F. Heat an oven safe skillet on high until smoking hot with olive oil.

Pat the Meagre dry with paper towels and season both sides with salt and pepper. Place the fillet skin side down in the skillet. Give the skillet a little shake to loosen the skin from the pan. Cook for 2 minutes. Flip the fish and place the entire skillet in the oven. Bake for 5 minutes. Remove and set aside but remember the handle will be extremely hot.

Top with a Salsa Verde sauce and a pinch of micro greens. Serve with a vegetable of your choice.
Serves 2

Salsa Verde

Adapted from Martha Rose Shulman / New York Times

1 to 2 garlic cloves (to taste), halved, green shoots removed
Salt to taste
1 anchovy fillet, rinsed (optional)
1 tablespoon capers, rinsed and chopped
¼ cup extra-virgin olive oil
¾ cup (tightly packed) flat-leaf parsley leaves (25 grams)

Combine the garlic, anchovy fillet, salt and capers in a mini food processor and pulse to a paste. (Alternatively, use an immersion blender and combine the ingredients in a jar and blend to a paste.) Add the olive oil and parsley and blend to a purée. Season to taste with salt and pepper. If using within a few hours, allow to sit at room temperature. Otherwise, refrigerate. Allow to come to room temperature before using.

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