

FISH WITH OLIVE CHIMICHURRI



Makes: 1 fillet with 2 tablespoons topping, serves 4

Nutrition Information:

Calories: 247.5, Carbs: 3.5 g,
Protein: 27 g, Fat: 14 g,
Saturated Fat: 2.5 g,
Cholesterol: 69.5 mg,
Sodium: 425 mg, Fiber: 0.5 g,
Sugar: 1 g

INGREDIENTS

For The Olive Chimichurri: (Makes ½ cup)

Juice of 1½ lemons (slice the remaining ½ lemon to serve with fish)

2 tablespoons extra virgin olive oil

3 tablespoons red onion (finely chopped)

¼ cup green olives (finely chopped)

1 tablespoon capers (drained)

3 garlic cloves (finely minced)

¼ teaspoon kosher salt

⅛ teaspoon black pepper

¼ teaspoon crushed red pepper

½ teaspoon dried oregano

¼ cup parsley (finely chopped)

For The Fish:

4 white fish fillets (about 6 ounces each) (You can leave the skin on or off.)

¼ teaspoon kosher salt and black pepper (to taste)

1 tablespoon extra-virgin olive oil

PREPARATION

Prepare the olive chimichurri: Combine all ingredients in a medium bowl and mix well, set aside.

Season the Fish: Sprinkle salt and pepper on the fish fillets.

Heat olive oil in a large skillet over medium-high heat. Place the fillets skin-side down and sear for 5 minutes. Carefully flip and cook for an additional 3 to 4 minutes, until the fish is cooked through.

Serve immediately and top each fillet with two tablespoons of olive chimichurri and lemon slices.

