

Oven Roasted Opah with Provençal Vegetables and Basil Coulis

This is a delicious way to serve any firm fleshed fish. Right now peppers are running rampant in our farmers markets. I happened to have a selection of bell, gypsies and fresnos on hand, but bells will do the trick. Toss them with shallots, black olives and tomatoes for a provençal twist, while a dollop of basil coulis adds extra brightness to the dish. Serves 4.

4 filets Opah, about 1-inch thick

Salt

Olive oil

4 garlic cloves, smashed

2 red or yellow peppers, stemmed and seeded, cut in 3/4" chunks

2 medium shallots, quartered

2-3 sprigs of fresh thyme, or 1 teaspoon dried

2-3 sprigs fresh oregano, or 1 teaspoon dried

1 pint grape tomatoes

zest and juice of one lemon

1/2 cup Kalamata olives

1/2 teaspoon crushed red pepper

freshly ground black pepper

For the Basil Coulis:

1 cup basil leaves

1-2 tablespoons extra virgin olive oil

pinch of salt

Lemon wedges

Preheat oven to 350 F. Lightly sprinkle the fish with salt and black pepper. Pour 1/4 cup olive oil into a rectangular baking dish. Arrange fish one layer in dish, turning to coat with olive oil. Toss remaining ingredients, except lemon juice, in a large bowl with 1 tablespoon olive oil. Scatter the vegetables around the fish. Squeeze the lemon over the fish and vegetables and sprinkle with additional black pepper. Bake in oven until fish is just cooked through, about 30 minutes.

While fish is baking, prepare the basil coulis. Combine basil, olive oil and salt in bowl of food processor and process to a paste consistency.

To serve, remove fish from oven. Top each filet with a generous spoonful of basil coulis. Serve with lemon wedges.

Nutrition Facts

Serving Size 1/4 of recipe
Amount Per Serving
Calories 150
Total Fat 10g
Sodium 100mg
Total Carbohydrate 20g
Protein 10g

Amount Per Serving	% Daily Value
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 20g	40%
Protein 10g	20%
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 20g	40%
Protein 10g	20%