



Fresh. Simple. Sustainable.

## **Oven Roasted Opah with Provençal Vegetables and Basil Coulis**

### **TasteFood**

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  
½ cup Kalamata olives  
½ teaspoon crushed red pepper  
freshly ground black pepper

For the Basil Coulis:

1 cup basil leaves  
½ 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 ¼ 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.

Serves 4 plus

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