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by Barbara Van Meir

Roasted Trevally with Grapefruit

Ingredients

Filets from 1 large Trevally (about 2lb. Fish)

1-2 white grapefruit

1 oz. minced shallots

2 tsp. chopped fresh tarragon

2 fl oz. extra-virgin olive oil

Servings

4

Person

Preparation

- 1 Preheat oven to 475°F/220°C
- 2 Grate 1 teaspoon grapefruit peel
- 3 reserve. Cut off peel and pith from grapefruits
- 4 cut fruits into segments and discard seeds and membrane
- 5 Mix shallots, tarragon, and grated grapefruit peel in small bowl to blend
- 6 Drizzle olive oil over bottom of medium roasting pan
- 7 heat pan in oven for 3 minutes. Sprinkle shallot mixture over oil
- 8 Place trevally fillets in single layer atop shallot mixture
- 9 sprinkle with salt and pepper. Roast 5 minutes. Turn trevally fillets over
- 10 Top fillets with grapefruit slices. Roast fish to desired doneness, about 3-5 minutes longer for medium.
- 11 *Thanks to Choose Wisely for this recipe*

Cooks Note

Serves 4
