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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