

Lionfish with Salsa Verde*Chef* LAURA OWEN

The lionfish invasion has been shockingly fast! At CJ's on the Bay, we serve lionfish whenever we can and our customers love it. Our local dive shops and fishing guides are great partners in removing these menaces from the Gulf of Mexico. This dish has bright, fresh flavors and is gluten free! Enjoy!

CJ's on the Bay
 ...the Heart of the Rock
 Marco Island, FL
 740 North Collier Blvd
 Suite 105
 Marco Island, FL
 (239) 389-4511
 www.cjsonthebay.com

- 4 lionfish fillets
- 1 lemon
- 1 shallot, diced
- 1 tablespoon fresh Italian parsley, roughly chopped
- 1 tablespoon fresh basil, roughly chopped
- 1 tablespoon fresh mint, roughly chopped
- 1 tablespoon fresh oregano, roughly chopped
- 1 cup + 1 tablespoon olive oil, divided
- Salt and pepper to taste
- 1/4 cup rice flour

Zest and juice the lemon. Combine with shallot and let rest for 5 minutes. Fold all fresh herbs into lemon and shallot mixture. Whisk in one cup olive oil. Season lionfish fillets with salt and pepper, then dust fillets with rice flour, shaking off the excess. Preheat a saucepan over medium high heat. Add 1 tablespoon of olive oil and heat until the oil is just shimmering. Place fillets in oil for 3 minutes per side. Remove from pan and spoon salsa verde on top of lionfish.

..... *There is simply no "greener" fish to eat!*