

pan-seared fish with lemony zucchini

Makes 2 servings

RECIPE ADAPTED FROM: [Feasting at Home](#)

PREP TIME: 10 minutes

COOK TIME: 20 minutes

For the fish

8-10 oz baramundi (or sub salmon, tofu, halibut, cod, scallops, shrimp)

1 garlic clove, smashed

1-2 Tbsp olive oil

salt and pepper, to taste

For the zucchini

1 Tbsp olive oil

1 shallot, sliced thin

3 garlic cloves, rough chopped

12-16 oz zucchini noodles (zoodles)
or 2-3 zucchini, diced

salt and pepper, to taste

2 tsp lemon zest

½ cup chopped fresh Italian parsley (or ¼ cup basil)

1 Tbsp lemon juice (or more to taste)

Garnishes (optional)

sweet cherry tomatoes

chili flakes

shaved pecorino cheese

PREHEAT oven to 375°F.

HEAT oil in a medium skillet over medium heat. Add smashed garlic and swirl to infuse garlic into the oil.

PAT fish dry and season with salt and pepper. Sear both sides until golden. (TIP: If you let the fish sear without moving it too much, it will form a crust and release itself naturally from the pan. If it sticks, it is usually that you are moving or lifting it too soon.)

ONCE both sides are golden, place in the warm oven until cooked through to your liking, roughly 3 - 6 minutes; time will depend on thickness of the cut.

IN a large skillet, heat more oil over medium heat and add shallots and garlic, stirring until softened and fragrant, about 3 minutes.

ADD zucchini noodles and season with salt and pepper. Sauté until noodles soften, about 4 minutes. Toss in lemon zest, fresh parsley and a squeeze of lemon. Taste for salt and lemon and adjust if necessary.

DIVIDE among two bowls and top with cooked fish.

GARNISH with halved cherry tomatoes, and optional chili flakes and shaved pecorino cheese if you like.

