

Yellow Grouper with Roasted Fennel on Toasted Orzo

Ingredients to serve 4-6

Fish and Roasted Vegetables:

- ⇒ 1½ lbs. yellow Grouper (or white flaky fish, halibut, cod)
- ⇒ 1 large bulb fennel, thinly sliced
- ⇒ 1 pint grape tomatoes
- ⇒ 6 baby bella peppers, sliced
- ⇒ 1 Tbsp capers
- ⇒ 2 tsp oregano
- ⇒ juice of 1-2 squeezed lemons
- ⇒ 2-3 Tbsp olive oil
- ⇒ Kosher salt and pepper to taste
- ⇒ parsley for garnish, optional

Toasted Orzo:

- ⇒ 1½ c Orzo
- ⇒ 1 Tbsp butter
- ⇒ 1 Tbsp olive oil
- ⇒ 2 tsp chicken base (My preference is Penzeys)
- ⇒ 3 c chicken stalk
- ⇒ Kosher salt and pepper to taste

Directions:

Preheat oven to 400°.

In a rimmed 13 x 9 baking sheet, toss fennel, tomatoes and peppers with olive oil and seasonings. Roast in oven for 20-25 minutes until tomatoes are bursting and fennel and peppers are browning. Remove from oven and add capers.

Place butter, olive oil and chicken base (if using) in a medium saucepan, heat on medium and add orzo. Stir orzo until well coated and beginning to turn golden brown around edges (3-5 minutes). Add chicken broth, bring to a boil and simmer covered for about 15 minutes until liquid is absorbed. Allow to sit while grilling fish.

Heat grill to 375°. Season fish with salt and pepper and a bit of olive oil. Place a layer of aluminum foil on grill. Place fish on foil, and allow to cook for about 7 minutes a side or until it flakes apart with a fork.

To assemble dish, place ½ cup of cooked Orzo in center of plate. Place a piece of fish on orzo and top with vegetables. Squeeze lemon on fish and garnish with parsley and serve immediately.

