Alaska Rockfish Charmoula

**Preparation Time:** 10 minutes  
**Cook Time:** 15 minutes  
**Servings:** 4

**Ingredients:**

*Sauce:*
- 1 Tablespoon minced garlic
- 2 teaspoons ground cumin
- 1/2 teaspoon paprika
- 1/2 cup extra-virgin olive oil (plus 2 Tablespoons reserved oil for cooking)
- 1/2 cup fresh lemon juice
- 1 cup chopped and packed cilantro leaves
- 1/2 cup chopped flat-leaf parsley
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground pepper

4 Alaska Rockfish fillets (about 4 to 8 oz. each), fresh, thawed or frozen

**Description:**
Place all sauce ingredients in food processor; pulse just until almost smooth.

Rinse any ice glaze from frozen Alaska Rockfish under cold water; pat dry with paper towel. Place fillets into non-metallic flat dish/pan; spread one tablespoon sauce onto top of each fillet; turn fillets over and spread an additional tablespoon onto second side. Let fish rest 5 to 10 minutes before cooking.

Heat 2 tablespoons reserved oil in large non-stick pan over medium-high heat. Cook 6 to 8 minutes per side for frozen rockfish or 3 to 5 minutes per side for fresh/thawed fish. Cook just until opaque throughout. Drizzle remaining sauce over fillets before serving.