

Roasted Alaska Pollock with Chimichurri



Preparation Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

For the Chimichurri:

1/3 cup olive oil

2 tablespoons red wine vinegar

2/3 cup finely chopped parsley

1/2 teaspoon minced garlic (from 2 cloves)

1/2 teaspoon red pepper flakes

1/2 teaspoon dried oregano

1/4 teaspoon kosher salt

Pinch of freshly ground pepper

For the Alaska Pollock and Veggies:

4 frozen (4-6 ounce) Alaska pollock fillets

4 tablespoons olive oil

1 1/2 teaspoons kosher salt

1 teaspoon dried oregano

1/2 teaspoon garlic powder

1/4 teaspoon crushed red pepper flakes

2 large bell peppers (any color; about 1lb), cut thick

1 large sweet potato (about 14 ounces), cut into 3-inch long wedges

2 medium zucchini (about 9 ounces), cut into wedges

Description:

1. Make the chimichurri: Put the olive oil, vinegar, parsley, garlic, pepper flakes, oregano, salt and pepper in a medium bowl and mix thoroughly. Set aside (this can be made a few hours ahead for optimal flavor or can be covered and refrigerated for up to 24 hours; just allow to come to room temperature before serving).

2. Preheat the oven to 400°F. Put sweet potatoes on a large rimmed baking sheet. Drizzle with 1 tablespoon olive oil, 1/2 teaspoon salt, and 1/4 teaspoon oregano, and toss to coat. Roast for 15 minutes. Remove from oven, add bell peppers and zucchini, and 1 tablespoon olive oil, 1/2 teaspoon salt, and 1/4 teaspoon oregano. Toss and put back into the oven for 15 more minutes, until veggies are tender. Remove from the oven.

3. When the veggies have about 10 minutes left, run frozen Alaska pollock fillets under cold water to remove any ice glaze and pat dry with a paper towel. Grease a second rimmed baking sheet with oil or nonstick spray. Mix together remaining 2 tablespoons of the olive oil, 1/2 teaspoon of the salt, oregano, garlic powder, and crushed red pepper flakes. Place the fillets on the baking sheet and brush the tops all over with the seasoned oil. Cook for 8-10 minutes on the middle rack, depending on thickness and doneness. Alaska pollock should be opaque and flake easily with a fork.

4. Divide roasted vegetables and Alaska pollock among four plates, and spoon chimichurri on top.