Greek Broiled Fish

Recipe by Florida Department of Natural Resources, Bureau of Marketing and Extensions Services

Makes 6 servings

Ingredients

- 2 pounds skinless red snapper
- 1 tsp salt
- 1/2 tsp pepper
- 2 Tbsp melted margarine or olive oil
- 3 Tbsp lemon juice
- 2 cloves garlic, finely minced
- 3 Tbsp margarine or olive oil
- 1/2 cup thinly sliced onion rings, cut into quarters
- 1 1/2 cups chopped parsley
- 1 cup chopped fresh tomato
- 1 tsp lemon juice

Instructions

1. Thaw fish if frozen. Pat dry.
2. Sprinkle fillets with salt and pepper.
3. Place in a well-greased baking pan, 15x9 1/2x1/2".
4. Combine 2 Tbsp melted margarine, lemon juice, and garlic; pour over fillets. Set aside.
5. In a 1-quart saucepan, melt 3 Tbsp margarine. Add onion and cook until tender but not brown.
6. Stir in parsley and tomatoes and cook just long enough to heat, about 1 minute.
7. Stir in lemon juice. Set aside.
8. Broil fillets about 4" from the source of heat for 4-6 minutes.
9. Turn carefully and baste fillets with pan drippings.
10. Broil 4-6 minutes longer or until fish flakes easily when tested with a fork.
11. Spread vegetable mixture evenly over fillets.

GREEK BROILED FISH FLORIDA SEAFOOD

Florida Department of Natural Resources
Bureau of Marketing and Extensions Services
3900 Commonwealth Blvd.
Tallahassee Florida 32303

2 pounds skinless red snapper
1 teaspoon salt
½ teaspoon pepper
2 tablespoons melted margarine or olive oil
3 tablespoons lemon juice
2 cloves garlic, finely minced
3 TB. margarine or olive oil
½ c. thinly sliced onion rings, cut into ¼'s
1½ cups chopped parsley
1 c. chopped fresh tomato
1 teaspoon lemon juice

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Thaw fish if frozen. Pat dry. Sprinkle fillets with salt/pepper. Place in a well-greased baking pan, 15x9½x½". Combine 2 TB. melted margarine, lemon juice, and garlic, pour over fillets. Set aside. In a 1-quart saucepan, melt 3 TB. margarine. Add onion and cook until tender, but not brown. Stir in parsley and tomatoes and cook just long enough to heat, about 1 min. Stir in lemon juice. Set aside. Broil fillets about 4" from the source of heat for 4-6 min. Turn carefully and baste fillets with pan drippings. Broil 4-6 minutes longer or until fish flakes easily when tested with a fork. Spread vegetable mixture evenly over fillets.
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