

Duplication of costly Mex fish dish at 1/2 the price, but better.

You will need; our salsa, BBQ rub, large skillet, 1 large zucchini squash, olive oil, capers, Chipotle hot sauce, rice, lime juice, a stove, a steel spoon, season salt, pepper, a sauce pan, a wooden spoon, a glass dinner plate, running water, electrical power, oven mit, and a plastic coated Spatula.



Raley's Rockfish Fresh Fillet Wild Caught (Avg. 0.5lbs)

Rockfish Fresh Fillet Wild Caught
Prop 65 WARNING

~~\$5.00 / ea~~

\$3.50 / ea (\$6.99/lb)

Save \$3.00/lb

Ends Nov 5

ADD TO CART +

1. Set oven to warm and hold, place glass plate within oven.
2. Heat the skillet, lightly oil.
3. Rinse off one zucchini.
4. Slice zucchini into strips, the long way.
5. Drizzle olive oil on zucchini strips, lightly pepper & salt the strips.
6. Apply Chipotle hot sauce to one side of fish. Use steel spoon to spread it. Lightly pepper, salt, and apply BBQ rub.
7. Start rice, put one tablespoon of lime juice into water used to cook the rice.
8. Start cooking the fish and zucchini on the press grills. Monitor.
9. When the zucchini is cooked fully place the strip on the plate within the oven.
10. When the fish is fully cooked, place on plate within the oven.
11. Put four tablespoons of salsa in the sauce pan. Put sauce pan on stove and cook salsa until it is hot and appears wilted.
12. Remove the hot plate from the oven. Top fish and two zucchini strips with salsa and capers.



I use an electric grill to cook the fish, but you will get the same results with a pan over a stove. Even better, cook the over a BBQ grill.