



HERB MARINATED SABLEFISH WITH SPRING VEGETABLES

By Grace Parisi

RECIPE

Rich and buttery sablefish (black cod) is pan-seared and then finished in the oven to tender perfection. After cooking, it gets a quick dunk in an herby vinaigrette—called a “post-marinade”—which keeps the herbs especially bright and fresh. Spring veggies are quickly sautéed while the fish cooks and all is done in less than 30 minutes.



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ACTIVE: 30 MIN TOTAL: 30 MIN

SERVES
2

INGREDIENTS

- 8 oz. baby potatoes, halved
- 3 Tbsp. white wine vinegar
- 1/3 cup extra virgin olive oil, plus more for sautéing
- 1½ tsp. grainy mustard
- Salt and fresh pepper
- 1½ Tbsp. chopped fresh flat-leaf parsley
- 1 portion sablefish (9 to 12 oz.), cut into 2 pieces
- 4 oz. asparagus, trimmed and cut into 1-inch lengths
- 4 oz. sugar snap peas, trimmed and halved crosswise
- 1 scallion, white and green parts, cut into 1-inch lengths

DIRECTIONS

1. Preheat the oven to broil with a rack 6 inches from the heat source. Bring a small saucepan of salted water to a boil over high heat. Add the potatoes and cook until tender, about 8 minutes. Drain and set aside.
2. In a medium, shallow bowl, whisk together the vinegar, oil, and mustard, then season with salt and pepper. Stir in the parsley and set aside.
3. Pat the fish dry with paper towels and season lightly with salt and pepper. In a medium nonstick skillet, heat 1 teaspoon oil over medium-high heat until shimmering. Add the fish skin side down and cook, pressing to set the skin for 1 minute. Cook until the skin is crisp, about 3 minutes longer.
4. Transfer the fish, skin side down, to a small baking sheet. Broil until the fish is cooked through and registers 135°F on an instant-read thermometer, 3 to 4 minutes, depending on the thickness of the filet. Transfer the fish to the bowl with the vinaigrette and spoon it over top, coating well. Set aside while you sauté the vegetables.
5. Heat 1 teaspoon oil in the skillet over medium-high heat. Add the asparagus, snap peas, scallion, and reserved potatoes. Season with salt and pepper. Cook, stirring occasionally, until the vegetables are bright green and crisp-tender, about 3 minutes.
6. Using a slotted spatula, divide the fish between two plates. Add the vegetables, dividing evenly. Drizzle all with some of the vinaigrette, and serve.

PRO TIPS



PAIR IT UP

The lightly charred flavors of the sablefish pair nicely with the oak of a Napa Valley chardonnay.



HEALTH AND NUTRITION

Olive oil helps reduce inflammation and joint pain and swelling from rheumatoid arthritis. The benefits are greatly increased when combined with omega-3 fatty acids in sablefish.