



Servings 4

Prep Time 15 min

Cooking Time 10 min

## Grilled Perch with Salsa Verde



### Directions

#### Step 1

Combine all salsa verde ingredients in a bowl and set aside. Season perch fillets with salt and pepper and generously coat with oil.

#### Step 2

Heat cast iron grill pan over medium-high heat on the stove or, over a very hot charcoal grill if you want some smoky aroma. Make sure the grill pan is clean, because leftover residues will cause fish to stick.

#### Step 3

Generously grease grill pan with oil, and when hot, add perch skin-side up. Cook fish until you get nice grill marks and fish is cooked through. If you like crispy skin, cook skin side down. If cooking on a grill, close the lid for about a minute to infuse smoke. Because the fillets are so thin, there's no need to flip fish on the other side, which will overcook and dry them out.

#### Step 4

Do not disturb fillets while they are cooking, which will break up the delicate fillets. Carefully remove cooked fish from the pan with a fish spatula. Serve fish hot with salsa verde drizzled on top with your favorite side dishes.

### Ingredients

1 pound of boneless perch fillets

Olive oil

Salt and pepper

#### Salsa Verde

½ cup of parsley leaves, packed

1 tsp. capers, minced

1 small clove of garlic, minced

1 tbs. minced shallot

¼ cup minced chive

1 anchovy fillet packed in oil, minced

Pinch of red pepper flakes

1 tbs. red wine vinegar

5 tbs. extra virgin olive oil

¼ tsp. salt

Freshly cracked pepper

Squeeze of lemon juice

