

VeraVia – Grouper with Sautéed Rapini and Rainbow Carrots

Serves 2

Grouper Ingredients:

2-4 oz. pieces grouper
Salt and pepper
2 tsp. ghee or butter

Method:

- Prepare rainbow carrots and set aside (recipe below)
- Prepare rapini and set aside (recipe below)
- Season grouper and sear in hot pan until golden on both sides. (10 minutes cooking per inch of fish. This may only take 5 minutes depending on the filet thickness)

Roasted Rainbow Carrots

Ingredients:

1 pound rainbow carrots, sliced lengthwise
1 tbsp. coconut oil or ghee
1 tbsp. fresh, or 1 tsp. dried sage
Salt and pepper

Method:

- Place in medium sized bowl and drizzle melted coconut oil or ghee over.
- Using your hands, or a large spoon, toss to distribute fat and season with sage, salt and pepper.
- Bake on parchment or foil-lined sheet tray at 400 for 30 minutes or until lightly browned.
- Keep warm and set aside.

Sautéed Rapini

Ingredients:

1 bunch rapini, bitter stalk portion removed, blanched or steamed to only partially cook
2 tsp. olive oil
1 tsp. minced garlic

Method:

- Sauté rapini in olive oil and add garlic towards last half of cooking.

To Assemble:

- Place rapini at the center of the plate and the grouper on top.
- Scatter the carrots around the outside and drizzle with remaining pan juices from fish.