

# Grilled or Sauteed Whitefish

## Ingredients

- 4 whitefish fillets such as halibut, rockfish, or sea bass, about 3 oz each
- Finely grated zest of 1 large lemon
- 2 tablespoons thyme leaves
- 1 tablespoon chopped parsley leaves
- 2 tablespoons olive oil

## INSTRUCTIONS

### Directions

1. Season the fish with the grated lemon zest, thyme and parsley. Cover and refrigerate for 3-4 hours.
2. Remove the fish 20 minutes before you start cooking to bring it to room temperature.
3. Prepare the grill or pan (medium heat).
4. Brush the fish with olive oil and season well with salt and pepper.
5. Grill or saute fish, turning once, until the fish is just cooked through, 5-7 minutes in total.

