

Tile Fish (can be any firm fish)

I used tile fish, filleted, because it is a firm meaty fish, grouper also works well. This recipe and set of pictures shows a 3 pound fillet. We were feeding 6 people.

The fish was fresh and wild caught. If you make less than 3 pounds, reduce recipe accordingly.

#### Ingredients

3 lbs filleted fish, meaty such as tile or grouper  
Full bunch of fresh parsley, chopped  
4 cloves garlic, finely chopped  
2 lemons and 1 lime  
Olive oil  
Salt and pepper  
1 cup white wine  
2 pints grape tomatoes, sliced in half lengthwise

#### Directions

Preheat oven to 450 degrees  
Lay fish skin side down in deep baking pan  
Drizzle olive oil over fish, enough to coat top, rub into fish with hand  
Sprinkle salt over fish lightly, same with pepper  
Rub all garlic over top of fish with hands, spread evenly  
Spread tomatoes over top of fish  
In a bowl whisk together 2 fresh squeezed lemons, 1 lime, cup of white wine and few table spoons olive oil.  
Drizzle mixture over top of fish, lightly, don't let liquid push garlic off top  
All excess liquid will just fill pan  
Spread all parsley over top of fish and tomatoes  
Drizzle a little more olive oil over top  
Put in preheated oven, cook about 15-20 minutes then check if done  
Touch thickest part of fish, it will be firm but bouncy or cut into middle, should be white and flaky

#### Suggested Sides

Roasted vegetables with olive oil and fresh herbs and lemon  
Steamed broccoli, sautéed with garlic, olive oil and lemon