

Orange Fish Fillets

Recipe By *Brynie Greisman*



Cooking and Prep:  2
h 20 m

Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover, Nine
Days

Diet: Gluten Free, Low Fat,
Low Carb, Pescetarian

Source: Family Table by
Mishpacha Magazine

Simple, yet scrumptious! When I made these for the photo shoot and wanted to have some for supper, I realized they were all gone and couldn't believe it! When I asked my son, a chassan, if the fish tasted good, he said, "This is the fish I want you to make for my aufruf! It tastes 'gourmet she'b'gourmet!'" He was floored when he heard it was for a five-ingredient supper!

Ingredients (7)

Main ingredients

- 4 white fish fillets (I used tilapia)
- 1/4 cup freshly squeezed orange juice and 1–2 teaspoons orange zest (*optional, but recommended*)
- 1 tablespoon **Bartenura Olive Oil**
- 3 tablespoons light brown sugar

- 1–2 teaspoons fresh dill, chopped or 1-2 cubes **Dorot Gardens Frozen Dill**
 - 1/8 teaspoon white pepper
 - 1/2 – 3/4 teaspoons salt, or to taste
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Start Cooking

For the fish

1. Combine all ingredients and pour over fish in a glass baking dish. Marinate for at least 1–2 hours.
2. Remove fish and reserve marinade. Grill or broil fish, turning once and brushing with marinade, for about 15 minutes. Fish stays tender and flaky.
3. Serve hot together with lightly candied sweet potatoes and a fresh lettuce salad with mango or orange segments and a light lemon, sugar, and vinegar dressing.

Tip:

To thicken sauce and make it glossy before serving, pour it into a frying pan, sprinkle on a little sugar, and turn on flame to medium-high for a minute or two until it begins to look thick and syrupy. (FYI: Adding cornstarch to thicken the sauce would give it a dull finish.) Spoon over fish before serving. Garnish with additional chopped dill and/or fresh orange segments, if desired.