



Grilled Branzino with Zoodles & Charred Tomatoes

Serving:

10

Type:

fish; pareve (dairy- free) and gluten free

Author:

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Notes:

Looking to reduce your carb intake or keep your meals gluten-free? This grilled branzino over spiralized zucchini with charred tomatoes is the way to go.

Consider using fresh herbs from your garden as alternative seasoning. Basil, oregano or mint would be super.

Ingredients:

20 fillets of Branzino (2 per portion)

5 bunches of cherry tomatoes on the vine (1/2 bunch per portion)
8 zucchini, cut on a spiralizer
5 cloves garlic, minced
½ t red pepper flakes
1 t dried oregano
Extra virgin olive oil
salt and pepper, to taste
Fresh parmesan, (optional and to taste)
3 lemons

Directions:

For the zucchini noodles:

Heat a pan with extra virgin olive oil. Sauté the minced garlic, red pepper flakes, and dried oregano to start flavoring the oil, mixing slowly. Once the garlic starts to turn golden brown add in the zucchini noodles. Quickly sauté the zoodles, about 2 minutes. Season with salt and pepper, and serve with fresh grated parmesan.

For the tomatoes on the vine:

Preheat the oven to 450 degrees.
Place the tomatoes on an oil sprayed sheet pan and drizzle them with extra virgin olive oil. Sprinkle with salt and pepper.
Roast until tomatoes are tender, about 15 minutes.

For the Branzino:

Allow fillets to rest outside of the refrigerator, skin side up for 10 minutes. Pat the skin dry (will prevent it from sticking to the grill). Score the skins on the fillets three times, breaking the skin on each. Sprinkle with salt and pepper on both sides and spray the skin side with oil.
Place the fish on a hot grill, skin side down, and close the grill top.
Grill the fish till skin is crisp, 3 to 4 minutes.
Remove from grill, sprinkle with fresh squeezed lemon juice and serve.

Tips:

If you don't own a spiralizer consider buying prepped veggies at your local market.