



Lime Scented Orange Roughy and Spinach

Cooking Light

BAH Note: Instead of slicing carrots, I used prepackaged shredded carrots. By the time they came out of the oven they were very soft. Next time I may wilt the spinach and then add the carrot to the pan so that they retain a bit of firmness. I also added the spinach and garlic at the same time to ensure that the garlic would not turn bitter or burn. Be sure to zest your limes before you juice them. Trying to run a microplane grater over a juiced lime is not fun, quick, or easy. My fillets were small and thin so I cooked them for 15 minutes, turned the oven off, and let them stay in the oven for another five minutes to avoid overcooking the fish. If you want a bit of heat, add your favorite hot pepper to the mirin, lime, ginger sauce.

- 1 tablespoon olive oil
- 1 cup thinly sliced carrot
- 2 garlic cloves, minced
- 1/2 teaspoon salt, divided
- 1 (10 ounce) package fresh baby spinach
- 1/3 cup sliced green onions (scallions)
- 1/4 cup mirin (sweet rice wine)
- 1 teaspoon grated lime rind
- 3 tablespoons fresh lime juice
- 1 teaspoon grated peeled fresh ginger
- 4 (6 ounce) orange roughy fillets
- 1/4 teaspoon freshly ground black pepper
- 4 lime wedges

Preheat oven to 400 degrees. Combine 1/4 teaspoon salt, green onions, mirin, lime zest, lime juice, and ginger in a small bowl and set aside.

Heat oil in a large nonstick skillet over medium-high heat. Add carrot and saute 2 minutes or until tender. Add garlic and saute for 15 seconds. Add spinach and remaining 1/4 teaspoon salt and cook until spinach wilts.

Fold 4 (16 x 12 inch) sheets of heavy duty foil in half lengthwise. Open foil and place about 1/2 cup of the spinach mixture in the center of each sheet. Top each with 1 fillet. Drizzle mirin mixture evenly over fillets and season with pepper.

Fold foil over fillets and tightly seal edges. Place packets in single layer on a sheet pan and bake for 20 minutes or until the fish flakes easily when tested with a fork.