

Decision Day 7 (Dinner)

Tomatilla Braised Fish with Asparagus (serves 4)

8 green tomatillas
1 T chopped jalapeno
5 garlic cloves
1/4 cup chopped white onion
4 T salt
1/2 bunch fresh cilantro
1 T olive oil
4 7oz. grouper filets
2 C black beans cooked
1 red onion cut into 4 slices
1/2 Cup chopped fresh tomatoes
2 T fresh parsley chopped
30 spears of asparagus (or 16 if they are thick)
S and P to taste

1. In a 2 qt. sauce pot combine tomatilla, jalapeno, garlic, chopped onion, and salt and cover with water. Bring to a boil, reduce to a simmer and cook 10-15 minutes. Strain and puree in a blender with fresh cilantro.
2. Drizzle red onion and asparagus with olive oil and season with salt and pepper. Grill or broil asparagus and red onion for 2 minutes each side or until soft.
3. Season grouper with salt and pepper and place in oven safe container. Top with tomatilla liquid and cook in a preheated oven at 350 degrees for 20 minutes, take out of oven and reserve.
4. Heat black beans in medium sauté pan with grilled red onions, tomatoes and parsley. TASTE. Place on plate, top with fish and garnish with asparagus. Use the tomatilla mixture as your sauce.