

Seared Florida Grouper with Arugula



Ingredients

- 1 1/2 pounds grouper, cut into 4 6-ounce fillets
- canola or olive oil for cooking
- 12 ounces arugula, washed and dried
- 1 lemon, juiced
- sea salt to taste
- fresh ground pepper to taste

Directions

1. Pre heat a medium-sized sauté pan over medium high heat. When the pan is hot, add 1 tablespoon oil to the pan. Lightly season each grouper fillet with salt and pepper.
2. Carefully add the seasoned grouper fillets to the hot pan. Cook each fillet for around 3 minutes on each side or until golden brown and completely cooked throughout the thickest part of the fillet. Remove cooked grouper fillets from pan and let cool slightly.
3. In a medium-sized mixing bowl, add arugula, one teaspoon oil and the lemon juice. Season the arugula lightly with the salt and pepper. Mix the arugula to evenly coat and adjust seasoning with salt and pepper.
4. To serve, place an even amount of arugula on each plate and top with grouper fillet. Serve dish with grilled or roasted Florida vegetables.