

Holiday Seafood©

Fish—Ingredients:

6–7 Orange Roughy filets (one per person), cut out brown part on an angle
lemon pepper
1 tsp. lemon juice per filet
1 tsp. olive oil per filet

Method:

Preheat conventional oven to 400°, convection oven to 375°.

Line a cookie sheet with foil and spray with Pam™. Lay thin slice of fish on foil and top with thick part slightly off center. Sprinkle filets with lemon pepper. Drizzle one teaspoon of lemon juice and olive oil over each filet.

Bake 12–15 minutes (depends on how thick fish is).

Sauce—Ingredients:

1 cup chicken broth
1/2 cup whipping cream
2 Tbsp. lemon juice
2 Tbsp. olive oil
2–9 oz. env. Knorr™ Hollandaise Sauce Mix
1 lb. raw shrimp, cut in half lengthwise
lemon wedges

Method:

Spray a small pot with Pam™. Heat chicken broth, cream, lemon juice and olive oil. Stir in hollandaise sauce mix, making sure there are no lumps. Add shrimp and bring to a boil. When shrimp are pink, they are done.

To Serve:

Put fish on a serving platter. Spoon shrimp over fish with a slotted spoon and add a little sauce. Decorate fish with lemon wedges.

Put remaining sauce in a separate bowl and serve to the side of the fish.

Hint: Use any kind of fish...salmon, sole, flounder, etc.

