



Grilled Fish with Pistachio-Mint Sauce

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 3 tablespoons chopped mint
- 6 tablespoons O&V [Basil EVOO](#) *
- ¼ cup O&V [Pistachio Pesto](#) *
- 1 teaspoon grated lemon zest (from one lemon)
- 1 tablespoon lemon juice
- 1 tablespoon O&V [Lemon & Herb Rub](#) *
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped chives
- 1 teaspoon chopped fresh thyme
- 1 – 1½ lb skinned halibut cut into 1-inch cubes
- 2 zucchini
- 2 yellow squash
- ¼ cup salted, roasted pistachios, coarsely chopped

Preparation

In a medium bowl, combine the 1 tablespoon of chopped mint, oregano, chives, thyme, Lemon & Herb rub, 2 tablespoons of Basil EVOO. Season to taste with salt and pepper. Add the fish cubes and stir gently to coat the fish evenly.

Make the sauce by combining the remaining 2 tablespoons of minced mint with the Pistachio Pesto. Add 1-2 tablespoons of Basil Oil, lemon zest and lemon juice to create a sauce. Season with salt and pepper to taste.

Use a vegetable peeler or a mandoline to slice the zucchini and squash lengthwise into long paper-thin ribbons until you reach the seeds. Then turn the squash around and repeat to cut more ribbons. Discard the core with the seeds. Toss the ribbons with the remaining 1-2 tablespoons of oil.

Preheat the grill to 450F or medium-high or place a grill pan on the stove over a medium high flame. Lightly oil metal skewers or soak wooden skewers in water for 30 minutes before adding the fish and vegetables.

Alternately skewer the fish cubes, yellow squash and green zucchini ribbons onto the skewers. With the vegetable ribbons, weave them over and under to create a wave effect.

Arrange the skewers on direct heat on the grill or on the grill pan and cook turning once until halibut has light golden grill marks and is cooked through (about 2-3 minutes on each side).

Place the cooked skewers on a plate, drizzle with the sauce and garnish with toasted pistachio nuts. Serve with additional sauce.

Serves 4 - 6

Active time 30 minutes Total Time: 30 minutes

Notes

* The [Basil EVOO](#) adds a nice additional layer of herby flavor to the fish and veggies. The [Lemon & Herb Rub](#) adds citrusy notes to the fish and the [Pistachio Pesto](#) is the star ingredient of this dish. You can use a [Garlic](#) or [Unflavored EVOO](#) and substitute the herb mix with your favorite lemony spice mix.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free Option, Grilled Fish, Halibut and Zucchini Skewers, Basil EVOO, Pistachio Pesto, Lemon & Herb Mix, Easy Entertaining, Summer Entertaining, Mediterranean Diet, Seafood, Grilling,