

# Pan Seared Cobia with Summer Squash & Pistachio Pesto

*Recipe courtesy of Chef Tamie Cook*

SERVES 4



## INGREDIENTS

- 4 6-ounce Cobia filets
- 2 cups packed fresh basil leaves
- 1 cup packed fresh parsley leaves
- ¼ cup packed fresh mint leaves
- ¼ cup minced chives
- 1 cup shelled, roasted pistachios
- zest and juice from 1 lemon
- 2 cloves garlic
- ½ teaspoon salt
- 1 pinch red pepper flakes
- ½ cup olive oil, plus extra for squash and Cobia
- 1 tablespoon water, optional
- 1-1 ½ pounds summer squash and/or zucchini, cut into ½ inch pieces

## DIRECTIONS

Heat oven to 425 degrees F.

Place basil, parsley, mint, chives, pistachios, lemon zest and juice, garlic, and red pepper flake into the bowl of a food processor. With the processor running, slowly add the ½ cup olive oil and process until well combined. If the sauce is too thick, add the water and process until desired consistency. Set aside.

Place the squash in a mixing bowl and toss with 1 tablespoon olive oil. Spread evenly on a baking sheet and place in oven. Roast 10 to 12 minutes or until just tender, tossing at least once. Remove from the oven and transfer to mixing bowl. Add ¼ cup pesto and toss to combine. Set aside.

Place 1 tablespoon of olive oil in a large saute pan and set over medium-high heat. Heat until oil shimmers. Add the Cobia and cook for 3 minutes on each side, until cooked through. To serve, spoon squash onto each serving plate and top with Cobia. Spoon more pesto on top of each filet. Serve warm. Store any leftover pesto in an airtight container for up to 3 days.