



REEF ENVIRONMENTAL EDUCATION FOUNDATION

# THE LIONFISH COOKBOOK

ENTRÉE



## *Lionfish Veracruz*

- 1/4 cup olive oil
- 1/2 cup diced onions
- 2 garlic cloves
- 1 can diced tomatoes
- 1/4 cup green olives, halved
- 2 tablespoons capers
- 1/4 teaspoon dried oregano
- 1/4 teaspoon pepper
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 8 lionfish fillets
- 2 teaspoons butter

Heat 2 tablespoons oil in a skillet over medium high heat. Sauté onions until tender – about 3 minutes. Add garlic and sauté 15 seconds. Add tomatoes, olives, and capers. Bring to a boil and reduce heat. Add oregano and simmer for 5 minutes.

Sprinkle lionfish with salt, pepper, and garlic powder. Melt butter with 2 tablespoons olive oil in a separate pan over medium high heat. Add lionfish and cook 2 minutes on each side. Transfer lionfish to plates.

Serve sauce on top of fish.

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