



30-minute sheet-pan chimichurri fish

BY CAROLINE CHAMBERS

Serves 4

Cook time: 30 minutes

Tools:

- [Rimmed half sheet pan](#)
- [Parchment paper](#)
- [Chef's knife](#)
- [Cutting board](#)
- [Microplane](#) or grater
- [Medium bowl](#)

Ingredients:

- Optional but encouraged: rice, couscous, cauliflower rice, or any grain you like (might I recommend frozen rice?!)
- 1 pound cherry tomatoes, halved
- Extra-virgin olive oil (about 1 cup, divided)
- Kosher salt and freshly ground black pepper
- 1 pound medium asparagus (about the width of your pinky finger), woody ends removed
- 1 cup parsley leaves and tender stems, finely chopped

- 1 serrano chili pepper, thinly sliced (skip this if feeding spice-averse people, or only stir it into half of the chimichurri for those who would like some heat)
- 2 garlic cloves, grated
- 1 lemon (preferably organic)
- 2 tablespoons red wine vinegar (or any clear vinegar)
- 1 teaspoon dried oregano
- 1 1/2 pounds skinless, boneless white fish filets (I like cod, but ANYTHING you can find fresh is ideal! Salmon is also great here)

Start by getting your **rice or grain** cooking if you're going to serve some with this meal. I personally would opt for white jasmine rice with some butter stirred in at the end. Cook the rice using the pasta-cooking method [that we used here](#).

Preheat oven to 400°F. Line a rimmed half sheet pan with parchment paper.

Cut **1 pound cherry tomatoes** in half. Add them to the baking sheet and toss with **2 tablespoons extra-virgin olive oil, 1/2 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper**. Spread them out so that they're not touching.

Roast for 12 minutes.

Meanwhile, trim the woody ends off of **1 pound of asparagus** (that means cutting usually an inch or two off the bottom) and get started on making the chimichurri.

To make the chimichurri, finely chop **1 cup parsley leaves and tender stems**, thinly slice **1 serrano chili pepper** (like paper-thin slices! If you can't get them really, really thin, mince it instead), grate or mince **2 garlic cloves** (I like to use my microplane to get them really fine), and **zest and juice 1 lemon**, adding all to a medium bowl. Stir in **1/2 cup extra-virgin olive oil, 2 tablespoons red wine vinegar, 1 teaspoon dried oregano, 1/2 teaspoon kosher salt, and 1/8 teaspoon freshly ground black pepper**. Taste. I like my chimichurri pretty acidic, so I typically add another splash of vinegar.

After they've cooked for 12 minutes, scooch the cherry tomatoes over to one side of the sheet pan (they can be piled on top of each other at this point) and add the trimmed asparagus to the other side. Toss to coat the asparagus with **1 tablespoon extra-virgin olive oil** and season with **a big pinch of both salt and pepper**.

Scooch things around to make room for **1 1/2 pounds skinless, boneless white fish filets**. Season fish with **a big pinch of salt**, then drizzle a spoonful of chimichurri over each filet.

Roast for 12-ish minutes, until the fish flakes easily when poked at with a fork and the asparagus is crisp tender (go on — take a bite of one!). *There will be a lot of liquid on the sheet-pan — don't worry, that's normal!*

Scoop a bit of cooked rice onto each plate and top with fish. Spoon lots of tomatoes and their juices over the fish. Serve asparagus off to the side. Drizzle chimichurri over everything. Dig in!