



# Weekly Specials



## January 10th - January 16th

### New Zealand Grouper \$19.95

#### Lemon Broiled Grouper

- 4 grouper fillets, 6 ounces each
- 1 lemon, zested and juiced
- 2 garlic cloves, minced
- 1/2 teaspoon thyme
- 1/8 teaspoon black pepper

1. Preheat your oven's broiler to medium-high.
2. Place fillets in one layer on a greased baking sheet. Squeeze the lemon juice over the fillets and sprinkle them with the lemon zest, minced garlic, thyme, and black pepper.
3. Place the fish in the oven, roughly 5-6" from the broiler heating element.
4. Broil for 5-7 minutes (roughly 5 minutes for each 1/2 inch of thickness), checking regularly, until the fish is opaque and flakes easily with a fork.
5. Serve with a side of basmati rice and vegetables.

### Mahi-Mahi \$16.95

#### Ginger Glazed Mahi-Mahi

- 3 tablespoons honey
- 3 tablespoons soy sauce
- 3 tablespoons balsamic vinegar
- 1 teaspoon grated fresh ginger root
- 1 clove garlic, crushed or to taste
- 2 teaspoons olive oil
- 4 mahi-mahi fillets, 6 ounces each
- salt and pepper to taste
- 1 tablespoon vegetable oil

1. In a shallow glass dish, stir together the honey, soy sauce, balsamic vinegar, ginger, garlic, and olive oil. Season fish fillets with salt and pepper, and place them into the dish. Cover, and refrigerate for 20 minutes to marinate.
2. Heat the vegetable oil in a large skillet over medium-high heat. Remove fish from the dish, and reserve marinade. Fry fish for 4 to 6 minutes on each side, turning only once, until fish flakes easily with a fork. Remove fillets and keep warm.
3. Pour reserved marinade into the skillet, and heat over medium heat until the mixture reduces to a glaze consistency. Spoon glaze over fish, and serve immediately.

#### Reminders

**Tuesdays:** \$2.00 off anything in the case  
Curbside assistance and delivery options are available.

Orders delivered Monday - Saturday  
Ventura & Oxnard \$50 minimum  
Ojai & Camarillo \$100 minimum



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Monday - Friday  
11:00 AM - 6:00 PM

Saturday & Sunday  
10:00 AM - 4:00PM