



# Weekly Specials



## January 17th - January 23rd

### Scottish Salmon \$22.95

#### Italian Inspired Salmon

- 1 ½ pounds salmon
- 1 pint grape tomatoes, cut in half
- 3 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4 cloves fresh garlic, minced
- 10-12 large fresh basil leaves, chopped

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1. Preheat oven to 400° and line a sheet pan with parchment paper or foil.
  2. Lay the fillet on the sheet pan and place halved tomatoes around the salmon.
  3. Drizzle both the salmon and tomatoes with olive oil and sprinkle them with salt and pepper.
  4. Sprinkle the minced garlic over the salmon and tomatoes and roast in the preheated oven until the internal temperature of the salmon reaches 145° (about 25-30 minutes.)
  5. Serve salmon topped with roasted tomatoes and chopped fresh basil over spring salad mix or alongside rice or pasta.

### Orange Roughy \$19.95

#### Cilantro-Lime Orange Roughy

- 1 ¼ pounds fresh orange roughy fillets, ¾ to 1 inch thick
- Salt
- Black pepper
- ¼ cup snipped fresh cilantro
- 1 tablespoon butter, melted
- 1 teaspoon finely shredded lime peel
- 1 tablespoon lime juice

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1. Rinse fish and pat dry with paper towels.
  2. Place fish on a greased unheated rack of a broiler pan, turning any thin portions under to make uniform thickness. Broil 4 to 5 inches from heat until fish begins to flake easily when tested with a fork (allow 4 to 6 minutes per 1/2-inch thickness of fish.)
  3. While the fish is cooking stir together cilantro, melted butter, lime peel, and lime juice in a small bowl.
  4. Remove the fish from the oven and spoon the cilantro mixture over the fish.
  5. Serve over a bed of rice or your favorite vegetable side dish.

#### 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