



Weekly Specials



February 14th - February 20th



Barramundi \$18.95

Herb Crusted Barramundi

- Two 6-ounce barramundi fillets
- 1 lemon, zested
- 1 teaspoon chili powder
- 1 tablespoon fresh thyme leaves
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon olive oil

1. Season fish with lemon zest, chili powder, thyme, and parsley. Cover and refrigerate for 10 minutes.
2. Heat a large sauté pan over medium-high heat for 2 minutes. Swirl in olive oil and heat for one minute.
3. Season fillets with salt and pepper on both sides. Place fish in the pan and cook for 4-5 minutes.
4. Turn fish over, lower heat to medium-low, and cook until fish is no longer translucent and flakes with a fork. Be careful not to overcook.
5. Serve with steamed rice or roasted potatoes.

John Dory \$19.95

Pan-Fried John Dory

- 2 large eggs
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup all-purpose flour
- 3 1/2 cups breadcrumbs
- Four 6-ounce skinless John Dory fillets
- 1/4 cup extra-virgin olive oil
- Lemon wedges

1. Preheat oven to 250°F. Whisk eggs with 3/4 teaspoon salt and 1/2 teaspoon pepper in a shallow dish. Place flour on a plate. Place breadcrumbs on another plate. Dredge fish in flour; shake off excess. Dip fish into seasoned eggs, then coat completely with breadcrumbs. Transfer to baking sheet.
2. Heat oil in a heavy large skillet over medium-high heat. Add 2 fillets and cook until coating is golden brown and fillets are opaque in center, about 3 minutes per side. Using 2 spatulas, transfer to rimmed baking sheet; keep warm in oven. Repeat with remaining fillets. Transfer fish to platter. Garnish with lemon wedges and serve.

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