



# Weekly Specials



## May 16th - May 22nd

### Halibut \$19.95

#### Spiced Up Halibut

- 1 1/2 to 2 pounds halibut fillets, cut into 6- to 8-ounce portions
- Salt, to taste
- Freshly ground black pepper, to taste
- 2 teaspoons Creole seasoning
- 1 teaspoon sweet paprika
- 1/2 teaspoon thyme
- 1/4 teaspoon oregano

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1. Heat the oven to 400°F and position the oven rack in the center of the oven. Line a baking dish with foil and grease with olive oil.
  2. Wash halibut fillets and pat dry with a paper towel. Rub the fillets all over with olive oil and sprinkle lightly with salt and pepper.
  3. In a shallow bowl, combine the remaining ingredients—Creole seasoning, paprika, thyme, and oregano. Dip the tops of the fillets lightly in the seasoning mixture, or sprinkle with the mixture if you'd like a more lightly seasoned fish.
  4. Place the fillets in the prepared baking pan, seasoned side up. Bake the halibut for 10 to 12 minutes, or until the fillets are cooked through.

### Swordfish \$19.95

#### Lemon Pepper Swordfish

- 2 pounds swordfish steaks
- 1/2 teaspoon lemon pepper
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon butter (optional)
- 1 tablespoon parsley, chopped

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1. Prepare your swordfish steaks by patting them dry with paper towels, then season both sides with lemon pepper and salt.
  2. Heat a skillet or non-stick frying pan with the olive oil over medium-high heat until the oil is shimmering and just beginning to smoke.
  3. Add the swordfish steaks and sear for 3-4 minutes per side, or until the internal temperature reaches 145°F.
  4. Remove the swordfish to a plate and add the lemon juice into the pan juices. Turn off the heat and add optional butter and parsley until the butter is melted. Stir and serve over the swordfish steaks.

#### 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