



Weekly Specials



Opah \$18.95

Lemon Baked Opah

- 2 opah steaks
- 4 tablespoons extra virgin olive oil, plus extra to coat a baking dish
- 1 teaspoon garlic powder
- 2 large lemons, juiced
- Sea salt
- 2 to 4 green onions, chopped
- 2 to 4 tablespoons dry white wine
- Extra lemon slices, as a garnish

1. Preheat the oven to 350F.
2. In a bowl, combine the 4 tablespoons of olive oil, garlic powder, lemon juice, sea salt, green onions, and wine.
3. Place the opah in the bowl and marinate for at least 15 minutes or more before baking.
4. Remove the opah from the marinade and place it in an oil-coated baking dish. Drizzle a few teaspoons of sauce and green onions over the fish.
5. Bake uncovered for 15-18 minutes, depending on preference.
6. Top with lemon slices and serve fish over steamed rice or your favorite side salad.

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

September 12th - September 18th

Swordfish \$19.95

Lemon Rosemary Swordfish

- 1 lb swordfish, cut into 1-inch thick steaks
- 2 tbsp butter, melted
- 3 cloves garlic, chopped
- 1 lemon, juiced and zested
- 1 tablespoon olive oil
- 1 sprig of rosemary, finely chopped
- Sea salt, to taste

1. Rinse and pat dry the swordfish steaks. Set aside.
2. Crush and chop the garlic. In a small bowl whisk together the melted butter, olive oil, garlic, and zest of half the lemon, and the juice.
3. Add rosemary to the melted butter mixture and pour over the swordfish in a plastic zip bag or container to marinate for 20 minutes.
4. Preheat the oven broiler. Place marinated swordfish on a rimmed baking sheet or oven-safe grill pan.
5. Place under the broiler and cook fish for 2-3 minutes on the first side, then use a fish spatula to carefully flip swordfish steak over. Baste with additional marinade if desired and broil the second side for 2-3 minutes.

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

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