

## Fennel White Fish

Serves 4

- 1 bulb fresh fennel, chopped
- 1 small red onion, chopped
- 1 clove garlic, minced
- 3 Tbsp olive oil
- Sprinkle of salt
- ¼ tsp cayenne pepper
- 2 Tbsp seasoned rice vinegar
- 2 lime, cut in wedges
- 4 fish fillets – halibut, cod, tilapia.

Preheat oven to 375°F.

Sauté fennel, onion and garlic in olive oil. Season with salt and cayenne pepper. Add rice vinegar and heat through. Set aside.

Place fish in oiled baking pan. Brush with olive oil and a squeeze of lime juice. Bake until fish flakes easily – approximately 10 minutes per inch thickness of fillet.

Top fish with fennel mixture. Serve with lime wedge.

