

## Orange Roughy with Citrus Vinaigrette

Mild-flavored, tender white fish is enhanced by this simple but zesty, golden vinaigrette. The result is both delicious and eye-appealing. Substitute other mild white fish, such as sole or flounder, if you wish.

Preheat oven to 400 degrees F. Whisk or beat vinaigrette ingredients together in a small bowl until oil is emulsified.

In a 1-quart saucepan, bring 1 to 2 cups water to a boil, and add a pinch of salt and the green beans. When the water returns to a boil, add the carrots and simmer, uncovered, for 3 minutes. Immediately pour the vegetables into a colander, then transfer them to a bowl of cold water to prevent further cooking and set the color. Drain and set aside.

Rinse fillets, pat dry with a clean kitchen towel or paper towels, and season lightly with salt and, if desired, white pepper. Arrange fish in an oiled baking dish. Cover tightly with a lid or a piece of aluminum foil. Bake 10 minutes, or until fish just flakes and the inside is no longer translucent. Transfer cooked fish to individual serving plates or a platter. Spoon half of the vinaigrette over the fish. Sprinkle with green beans, carrots, and scallion, then spoon the rest of the vinaigrette over the fish and vegetables, and serve.

### Preparation List:

#### Serves 4

#### Citrus Vinaigrette:

- 1 tablespoon orange juice
- 2 tablespoons lemon juice
- 1½ teaspoons finely grated lemon rind
- 1 teaspoon stoneground prepared mustard
- 2 tablespoons extra virgin olive oil
- 1 tablespoon sweet white miso
- pinch white or black pepper (optional)
  
- 3-4 green beans, cut on the diagonal in thin strips
- 1 small carrot, cut into matchsticks
- 1 1/3 pounds orange roughy
- pinch sea salt
- pinch white or black pepper (optional)
- 1 scallion, thinly sliced on the diagonal