

# Mediterranean Style Grouper

## **Step 1: Prepare and Season the Fish Fillets**

Pat fish fillets dry and season on both sides with kosher salt.

Prepare the spice mixture of cumin, oregano and paprika in a small bowl, then season the fish well on both sides.

## **Step 2: Add Lemon Juice, Olive Oil, and Toppings**

Put the seasoned fish in a lightly-oiled baking dish (I used this 9" x 13" cast iron dish for even cooking).

Top the fish with fresh minced garlic, making sure to spread the garlic well. Add juice of 1 lemon, and a generous drizzle of extra virgin olive oil (I highly recommend Early Harvest Greek extra virgin olive oil for its rich, fruity finish), then top with the sliced tomatoes and kalamata olives.

## **Step 3: Bake**

Place the baking dish on the middle rack of a 400 degree F heated-oven. Bake for about 12 to 13 minutes or until the fish turns opaque in color and flakes easily using a fork.

**TIP:** You've heard me say this earlier, no one likes dry fish so avoid overcooking your grouper. If you're not sure, use an instant read thermometer ([affiliate link](#)); fish is ready when its internal temp registers **145°F**, which should be measured at the thickest part of the fish fillet.