

Baked Ono (aka Wahoo) with Gremolata

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Adapted slightly from [Hooked on Fish](#) recipe

Ingredients for Fish:

- 1 pound Ono, cut into 3 pieces
- 3 lemon slices plus a generous squeeze of lemon juice
- Olive oil
- Salt and pepper
- Few spoonfuls of gremolata

Ingredients for Gremolata:

- 6 tablespoons finely chopped parsley
- 1 lemon, zested, then finely chopped
- 2 cloves garlic, grated with a micro-plane (or very finely chopped)
- Salt to taste
- 1-2 tablespoons Olive oil

Directions:

- Preheat oven to 350°.
- Prepare the gremolata by grating the garlic and lemon onto the chopped parsley. Add a touch of salt to taste. Continue chopping until everything is mixed together. Add 1-2 tablespoons of olive oil and mix together to make a paste.
- Drizzle both sides of each Ono piece with olive oil and season with salt and pepper. Place in a baking dish.
- Spoon a couple tablespoons of gremolata on top of each piece of fish
- Add a lemon slice on top of each piece. Squeeze lemon juice over fish.
- Cover with foil and cook for approximately 20 – 30 minutes depending on thickness, until cooked through. *(Cook's note: to avoid overcooking and drying out the fish, start checking for doneness at 20 minutes and at frequent intervals thereafter, if necessary)*

