

Grilled Whitefish Salad with Tomatoes and Herb Vinaigrette

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Recipe source: [Michael Lomonaco](#) via [Serious Eats](#) via [Hooked on Fish](#)



INGREDIENTS:

- 4 six-ounce whitefish fillets, skin on, any bones removed
- 4 teaspoons canola oil plus more for the grill
- Salt and black pepper
- 2 cups salad mix
- 2 cups quartered cherry tomatoes, use different colors if possible
- ¼ cup extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 2 tablespoons fresh green herbs of your choice, chopped, such as tarragon, basil, parsley, or oregano
- 1 tablespoon capers, chopped

DIRECTIONS:

- Brush each fish fillet with a teaspoon of canola oil, and then season both sides with salt and pepper.
- Prepare the grill for medium heat, brushing the grates with canola oil.
- Add the fillets flesh-side down. Cook until flesh is firm, and grill lines start to appear, two to four minutes depending on the thickness of the fillets. Flip the fillets, and cook until skin starts to crisp up, two to four minutes.
- Meanwhile, whisk together the olive oil and vinegar in a medium bowl. Then toss in the tomatoes, herbs, and capers. Season this mixture with salt and pepper to taste.
- Divide the salad mix between four plates. When fish is done, place a fillet on top of each salad. Top each fish with a quarter of the tomato mixture and vinaigrette. Serve immediately.