

---

# Mediterranean Style Ono

Total time: 25 min   Yield: 4 Servings

## Ingredients

2 lb ono fillet (may use opah if available)  
2 Tbsp extra virgin olive oil, divided (or canola oil)  
2 clove garlic (minced)  
1/4 cup round onion (finely diced)  
1 large, vine-ripened tomato (diced)  
1/2 cup kalamata olives  
2 Tbsp capers (rinsed and drained)  
2 anchovy filets (chopped)  
1 Tbsp balsamic vinegar  
1 tsp sugar  
2 Tbsp chopped parsley  
zest of one lemon  
cooking spray  
salt  
black pepper

Prep Time: 25 min   Total Time: 25 min

## Instructions

### Sauce Preparation:

In a medium size pot, drizzle about a tablespoon of the oil and heat over medium-low heat. Add the garlic and stir for about one minute then add in onion. Stir for two minutes then add in the tomato, olives, capers, anchovies, vinegar and sugar and cook for another 3 to 4 minutes. Stir in the parsley and lemon zest right before serving.

### Fish Preparation:

Heat a large skillet on medium heat and drizzle a little oil into the pan (at this point also coat the pan with cooking spray to further prevent sticking). Season the **ono** with a little salt and pepper then sear in the pan for about 2 to 3 minutes per side – the trick is to not overcook the fish. Remove from the pan, place on a plate and top with a big dollop of the sauce and enjoy!

## Recipe brought to you by:

Chef Michi Holland

---

**Source:**

Chef Michi Watarai