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Ali Slagle's

INGREDIENTS

FOREVER

Slow-roasted fish with white beans & asparagus

Serves 4

- 6 garlic cloves, thinly sliced
- One (15-ounce) can white beans, such as butter or cannellini
- 1 lemon
- 2/3 cup extra-virgin olive oil
- ½ teaspoon red pepper flakes
- 1 1/2 pounds 1-inch-thick fish fillet, such as salmon, arctic char, or cod
- Salt
- 1 bunch of asparagus

1. Heat the oven to 300°F. Peel and thinly slice **6 garlic cloves**. Drain and rinse **one (15-ounce) can white beans, such as butter or cannellini**. Use a vegetable peeler to peel thick strips of zest from **1 lemon**.

2. In a large, oven-safe skillet, heat **⅔ cup extra-virgin olive oil** and the garlic over medium. Cook, stirring occasionally, until the garlic is fragrant, sticky, and just lightly toasted, 3 to 5 minutes. Remove from heat and add lemon zest and **½ teaspoon red pepper flakes**, then stir in the beans.

3. Pat dry **1 1/2 pounds 1-inch-thick fish fillet, such as salmon, arctic char, or cod** and season with **salt**. Nestle the fish into the bean mixture, skin side down if there is skin, then spoon some of the oil and beans on top of the fish. Bake until the fish flakes easily, 15 to 25 minutes.

4. Meanwhile, snap off the woody ends from **1 bunch of asparagus**. Thinly slice the spears on a diagonal, keeping the tips whole. In a medium bowl, toss with a pinch of salt and the juice from the lemon.

5. When the fish is done, scatter some of the asparagus and lemon juice over the fish, then serve the fish and beans with plenty of oil and more asparagus and lemon juice on top.

