

Baked Grouper with Chunky Tomato Sauce

Ingredients

1 1/2 lbs Grouper Fillet	1 tsp minced garlic
3 1/2 cups chopped seeded tomatoes (about 4 medium)	1 tsp lemon juice
1/4 cup chopped green onions	1/2 tsp salt
1/4 cup dry white wine	1/4 tsp crushed red pepper
1 tbsp chopped fresh basil	1/4 tsp black pepper
1 tsp capers	2 tsp olive oil

Directions

Preheat oven to 425. Combine all ingredients except fish and olive oil in a medium bowl. Season both sides of fish with salt and pepper.

Heat oil in a large, heavy skillet over high heat. Place fish in pan and cook for 2 minutes.

Turn fish over, top with tomato mixture. Bring to a boil. Place pan in the oven and bake for 8 minutes or until the fish flakes easily.

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