



# Recipes

## Fish

### **Pan Seared White Fish**

*Prep and Cook Time: 25 minutes*

*Yield: 4 servings*

#### **Ingredients:**

2 tablespoons extra virgin olive oil  
1 small yellow onion, diced  
2 large plum tomatoes, seeded and diced  
4 white fish filets, 4-6 ounces each  
1/4 cup minced fresh basil  
Freshly ground white pepper, to taste

#### **Directions:**

1. Heat oil in cast iron skillet over medium flame. Add onion and sauté for five minutes. Place tomatoes in skillet and continue cooking for five minutes.
2. Move tomato and onion to side of pan and add fillets, skin side down. Cook for five minutes and turn once. Turn skin side down again and top with tomatoes and onion.
3. Sprinkle with basil and dust lightly with freshly ground pepper.
4. Enjoy!!