



RECIPE | TOMATOES



BAKED SNAPPER IN TOMATO CAPER SAUCE



35 min

10 min
PREP.

25 min
COOKING



2



easy

INGREDIENTS

Recipe created by Abigail Harris-Shea

14 oz Pure Flavor® Luna® Sweets Cocktail Tomatoes
1 Pure Flavor® Sweet Bell Pepper, cubed
3-4 snapper fillets
¾ cup white wine
⅓ cup capers
¼ cup chicken stock
2 shallots, minced

4 garlic cloves, sliced
1 tbsp butter
3 sprigs of thyme
1 tsp red pepper flakes
Salt & pepper, to taste
Basil, for garnish
Sushi rice, for serving



DIRECTIONS

- 1 Preheat oven at 400°F. In a large oven safe pan, place tomatoes, bell peppers, wine, chicken stock, capers, shallot, garlic, and red pepper flakes into the pan and combine. Season with salt and pepper. Cover with a lid or tin foil and bake for 15 minutes.
- 2 Rinse and pat dry fish, and then nestle fillets into the pan. Add a little dollop of butter to each piece of fish. Return the pan to the oven for another 10 min or so, depending on the thickness of your fish.
- 3 Remove and serve with sushi rice and top with basil.

PURE-FLAVOR.COM

