



RECIPE | TOMATOES

BAKED TILAPIA WITH SANGRIA TOMATOES



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Recipe created by Evelyn Arguelles



35 min

10 min | **20 min**
PREP. | COOKING



2



easy

INGREDIENTS

1 dry pint Pure Flavor® Sangria Medley Tomatoes, sliced in half
2 Tilapia fillets
1 lemon
½ large shallot, minced
2 tbsp garlic, minced
1 tbsp capers
2 tbsp olive oil, divided
½ tbsp Italian seasoning

¼ tsp kosher salt and pepper
¼ tsp pepper flakes
¼ tsp paprika
Feta cheese, for garnish
Parsley, for garnish

DIRECTIONS

- 1** Preheat oven to 400°F.
- 2** For the fillets, combine olive oil, salt and pepper, Italian seasoning, pepper flakes and paprika to one dish. Mix well and season the fillets.
- 3** Next, combine the tomatoes, shallot, garlic, lemon and olive oil and make sure they're equally coated before placing on the bottom of the baking dish.
- 4** On top of the tilapia, sprinkle the capers, feta cheese and parsley!
- 5** Bake tilapia for 20-25 min and serve!