



RECIPE | TOMATOES

BAKED TILAPIA WITH SANGRIA TOMATOES



10 min
PREP.



6



easy

35 min

25 min
COOKING



INGREDIENTS

Recipe created by Evelyn Arguelles

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!

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