

RECIPE | TOMATOES

COASTAL SEA BASS



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INGREDIENTS

2 Pure Flavor® Organic Red Beefsteak Tomatoes, peeled and diced
4 skinless sea bass fillets
3 cloves garlic, minced
2 **sprigs** fresh basil, divided
1 **cup** yellow onion, chopped
½ **cup** fennel, chopped

½ **cup** dry white wine
¼ **cup** Kalamata olives, halved
2 **tbsp** extra virgin olive oil
¼ **tsp** red pepper flakes
Salt and pepper, to taste



35 min

20 min
PREP.

15 min
COOKING



4



easy

DIRECTIONS

- 1 Preheat the oven to 425°F. In a large skillet over medium heat, preheat the olive oil. Add onion, garlic, and red pepper flakes. Cook until golden, stirring occasionally. Add fennel and cook until translucent.
- 2 Reduce to medium heat, add tomatoes and cook for 5 minutes. Add 1 sprig of chopped basil, wine, and olives. Season with salt and pepper to taste.
- 3 Reduce to low and simmer until the sauce is slightly thickened.
- 4 Meanwhile, pat the fillets dry, lightly spray them with cooking spray and season with salt and pepper.
- 5 In an ovenproof skillet over high heat, heat the olive oil until shimmering. Add the fillets and cook for 2 minutes. Flip the fillets and place the skillet in the oven. Bake until the fish is no longer translucent.
- 6 Switch the oven to broil and place the skillet on the upper rack. Broil until the tops of the fillets are golden brown.
- 7 On a serving plate add the sauce and the fish on top. Enjoy!