



RECIPE | TOMATOES

COASTAL SEA BASS



35 min

20 min
PREP.

15 min
COOKING



4



easy



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



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!

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