



RECIPE | TOMATOES



MEDITERRANEAN SEA BASS



PURE-FLAVOR.COM

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INGREDIENTS

2 Pure Flavor® Beefsteak Tomatoes, peeled and diced
4 skinless sea bass fillets
3 cloves garlic, minced
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
Basil, chopped, plus more for garnish
Salt and black pepper to taste

DIRECTIONS

- 1 Preheat 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, smash, and cook for 5 minutes. Add basil, wine, olives, one teaspoon salt, and black pepper.
- 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!



35 min

20 min | **15 min**
PREP. | COOKING



4



easy