



Mediterranean Sea Bass

Makes 4 servings

Ingredients

Four 4-to 6-ounce skinless Chilean sea bass fillets (or other sustainable, firm, white-fleshed fish fillets such as halibut, cod or striped bass)
2 tablespoons extra-virgin olive oil
1 cup chopped yellow onion
3 cloves garlic, minced
¼ teaspoon crushed red pepper flakes, or to taste
½ cup chopped fennel

One 28-ounce can whole peeled tomatoes, with their juices
¾ cup fresh basil leaves, very thinly sliced
½ cup dry white wine
¼ cup pitted Kalamata olives, halved
Kosher salt
Freshly ground black pepper
Organic olive oil cooking spray

Instructions

1. Preheat oven to 425 degrees, one rack set in the middle and one in the upper third.
2. In a large skillet over medium heat, sauté onion, garlic and red pepper flakes in olive oil.
3. Add fennel and cook an additional 3 to 5 minutes until it's soft and translucent.
4. Reduce heat to medium, add tomatoes and juice, smash tomatoes with back of a wooden spoon.
5. After 5 minutes, add the basil, wine, olives, 1 teaspoon salt and ⅛ teaspoon black pepper.
6. Reduce to low and simmer for 15 minutes, or until the sauce is slightly thickened.
7. Pat the fillets dry, lightly coat them with cooking spray and season with salt and pepper.
8. In an ovenproof skillet with 1 tablespoon olive oil, sear fillets for 2 minutes, rounded-side down.
9. Carefully flip fillets, then bake in oven until fish is no longer translucent, 8 to 10 minutes.
10. Switch to broil and move skillet to upper rack. Broil until golden brown, 2 to 4 minutes.
11. Arrange the fillets on individual plates, spoon on the sauce and serve.

Nutrition Facts

Serving size: 1 fillet; calories per serving: 362; total fat: 12.5g; saturated fat: 2g; cholesterol: 90mg; sodium: 489mg; carbohydrates: 13.5g; fiber: 3g; sugars: 7.5g; protein: 42.5g

Source: www.skinnytaste.com

