

Pan Seared Fish in Tomato Basil Sauce

For the Fish:

2 tablespoons olive oil
1 and 1/2 pounds fresh fish, cut into 3 or 4 fillets
Himalayan sea salt and pepper

For the Tomato Basil Sauce:

2 tablespoons olive oil
1/2 teaspoon crushed red pepper flakes (optional)
2 or 3 cloves garlic, finely minced
1 pint cherry tomatoes, sliced in half
1 small jalapeño, sliced
1/4 cup (60ml) vegetable stock
1/2 cup fresh basil, finely chopped
2 tablespoons fresh lemon juice
1/2 teaspoon fresh lemon zest
Salt and fresh ground black pepper



For the Tomato Basil Sauce:

1. Heat oil in a large saute pan over medium heat. Add crushed red pepper flakes and garlic and saute for 1 minute, or until garlic is fragrant.

2. Add the cherry tomatoes and jalapeño and cook, stirring occasionally, until they're soft and blistering, but still hold their shape, about 12 minutes. Add in the vegetable stock, stir, and allow the mixture to come to a light simmer.

3. Stir in the basil, lemon juice, lemon zest, salt, and pepper and cook for 2 minutes. Transfer the sauce into a large bowl and set aside for later

For the Fish:

1. Heat oil in the same pan over medium heat. Season both sides of fish with salt and pepper. Place fish fillets in the oil and cook until golden brown, about 3 minutes on both side, until it's cooked through.

2. Pour the tomato basil sauce over the fish and reheat quickly. Serve all at once at once with additional chopped basil cauliflower rice, or zucchini noodles. Enjoy!