

Pan Seared Fish with Tomatoes and Olives

- 2 teaspoons olive oil
- 2 bass or cod fillets skin off (or other firm white fish) 3-4 ounces each
- Pinch of Himalayan sea salt
- Cracked black pepper to taste
- 2 large cloves garlic minced
- 2 onions finely sliced
- 2 cups grape tomatoes (or cherry or Heirloom tomatoes) quartered
- 1 tablespoon lemon juice
- 1 cup pitted kalamata olives (12 olives)
- 2 tablespoons parsley or basil to garnish, chopped



1. Heat oil in a large non-stick pan over medium heat. Season both sides of the fish with salt and pepper. Fry the fish until golden brown, (about 5 minutes). Carefully flip the fillets over and continue cooking for a further 2 minutes.

2. Add in the onion and garlic, and fry until fragrant (about 2 minutes). Add in the tomatoes (burst them with your finger tips while adding them into the pan for added flavor), lemon juice and olives, and continue cooking until the fish has cooked through and sauce has reduced a little. Taste test and adjust seasoning accordingly (more salt or pepper).

3. Pour the sauce over the fish and serve immediately with the herbs.

Makes 2 servings.

Serving Size = 3 ounces of fish, 1 cup cooked vegetables & 6 olives

Enjoy with 1 cup of on plan fruit to complete the meal.

