

# FISH & TOMATOES

**Time: 30 minutes**

**Serves: 2**

### Ingredients:

1 tablespoon extra-virgin olive oil  
1 onion – chopped  
1 clove garlic - finely chopped or grated  
1 teaspoon fresh oregano – finely chopped  
½ teaspoon fresh thyme – finely chopped  
¼ teaspoon red pepper flakes  
½ cup dry white wine  
2 tomatoes – cut into wedges  
1 tablespoon capers – drained  
2 4-ounce fish filets  
¼ teaspoon kosher salt  
2 teaspoons flat leaf parsley – finely chopped  
¼ cup pitted green olives – halved  
1 pinch black pepper

### Preparation:

Preheat your oven to 250F.

Place a large frying pan on medium heat and add the olive oil.

Add the onion, garlic, oregano, thyme and pepper flakes, stirring occasionally for two minutes.

Stir in the wine, tomatoes and capers.

Sprinkle both sides of the fish with the salt and place the filets at the bottom of the pan.

Cover the pan and place it in the oven for ten minutes.

Remove the pan from the oven. Sprinkle with parsley, olives and black pepper. Serve immediately.

### Nutritional Information Per Serving:

Calories: 225  
Fat: 8g  
Carbs: 6g  
Fibre: 2g  
Protein: 22g