

White Fish Puttanesca



Ingredients

- 1-1.5lbs Sea Bass (halibut, cod or flounder all suitable)*
- 1 - 24 oz can crushed tomatoes
- $\frac{3}{4}$ Cup pitted kalamata olives
- $\frac{1}{4}$ Cup capers
- $\frac{1}{4}$ Cup olive oil
- 2 Cloves garlic, chopped
- $\frac{1}{2}$ White onion, chopped
- $\frac{1}{2}$ tsp oregano
- $\frac{1}{4}$ tsp red pepper flakes (optional)
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{4}$ tsp salt

Pre-heat oven to 350°.

Place your cleaned fish in a baking dish (preferably glass).

Mix all ingredients in a bowl then pour over the fish. Spread evenly throughout.

Cover with aluminum foil and bake for 20-30 minutes depending on the thickness of your fish. Use a fork to make sure the fish is cooked thoroughly. It should easily flake using a fork.

Serve over a bed of spinach or spaghetti.

Enjoy!

*When buying fresh fish, ask the butcher to debone the fish for you.