

Fish in Tomato/Olive Sauce

– Andrew White

Shallots or garlic

Chopped onion

Chopped tomato

Sundried tomato paste

Basil (pesto)

Oregano

Hot peppers

Black olives

Green olives

White fish fillets

Olive oil

1. Sauté onion in olive oil
2. Add shallots
3. Add tomato and tomato paste. Simmer.
4. Add basil, oregano, peppers and olives. Simmer.
5. Add fish fillets and simmer until done.

Serve on rice.