

# Steamed White Fish with Tomato Sauce

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 2 Haddock Fillet
- 1 cup Cherry Tomatoes (cut in half)
- 1 stalk Green Onion (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper (divided)
- 1/4 cup Basil Leaves (chopped)
- 1/4 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	220	Iron	1mg
Fat	8g	Vitamin D	35IU
Carbs	4g	Folate	40µg
Fiber	1g	Magnesium	54mg
Protein	32g	Zinc	1mg
Vitamin C	12mg		

## DIRECTIONS

- 01 Heat the oil in a medium-sized pan with a lid over medium heat. Season the fish with half of the salt and half of the pepper and set aside.
- 02 Add the cherry tomatoes to the pan and cook for about five minutes or until the tomatoes have softened and released their juices. Season the tomatoes with the remaining salt and pepper. Add the green onions, basil and water. Stir to combine, bringing the mixture to a simmer.
- 03 Place the fish fillets on top of the tomato mixture and cover with a lid. Let the fish steam for 4 to 8 minutes or until the fish is cooked through and flakes easily.
- 04 Divide between bowls and enjoy!

## NOTES

### RECIPE ID 627

### FILLET SIZE

Each haddock fillet is equal to 150 grams or 5.3 ounces.

### SERVING SIZE

One serving is one fish fillet and approximately 3/4 cup of the tomato & olive sauce.

### NO HADDOCK

Use another white fish, like cod, instead of haddock.