

## **Pan Roasted Fish and Tomatoes – Real Simple**

1½ lbs fish - 4 salmon steaks or 4 tilapia filets  
2 Tablespoons all-purpose flour  
2 Tablespoons olive oil  
½ tsp kosher salt  
Freshly ground black pepper  
2- 14½ cans diced tomatoes (one can for tilapia)  
2 garlic cloves, minced  
1 jalapeno pepper, seeded and minced  
2 Tablespoons chopped fresh basil

Dredge the fish in the flour. Meanwhile, heat the oil in a large skillet over medium heat until it shimmers. Add the fish and brown about 3 minutes on each side. Carefully lift the fish out of the skillet and set it aside on a platter; sprinkle with the salt and pepper.

Sauté the garlic and jalapeno in the pan on low heat until soft but not brown. Add tomatoes and bring to a boil. Cook 3 minutes. Reduce heat to low and return the fish to the pan.

Cover and cook 5 minutes or until the fish flakes when tested with a fork.

Add basil and serve.