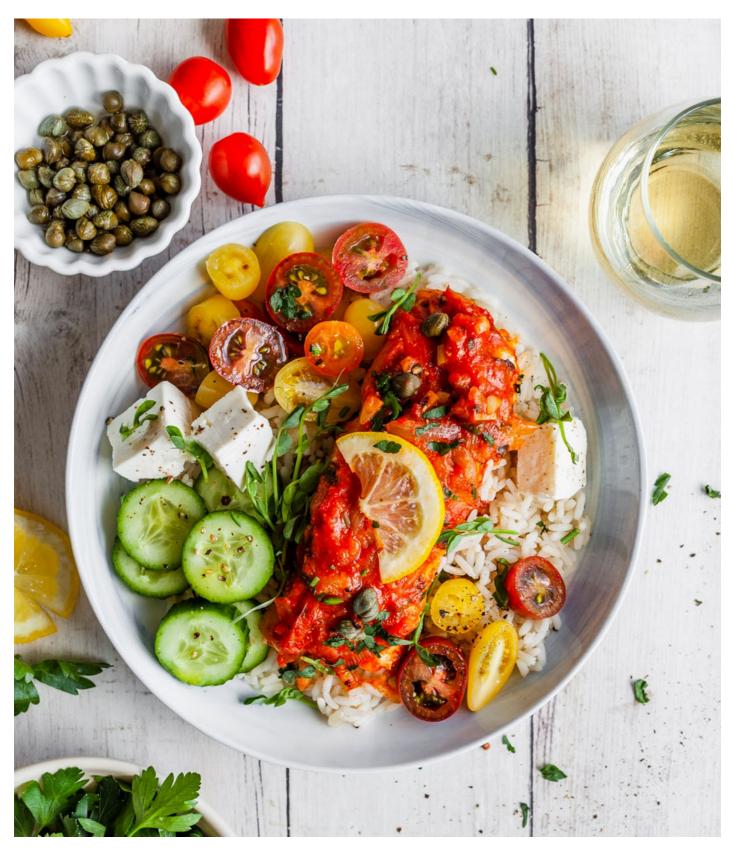


Greek-style Baked Fish with Tomatoes and Onions (Bourdeto)



Preparation time: 0 min

Ingredients

• Bay leaf: 1

 Boneless fish fillets or steaks (halibut or cod or another white fish): 2 lbs

• Capers: 1 tsp

Chilli Powder: 1/4 tspDried Oregano: 1 tspDry white wine: 1/4 cup

Extra virgin olive oil: 4 tablespoonsFlat Leaf parsley: 1/2 cup chopped

Garlic: 4 large cloves

• Leek: 1

Lemon: 1 largeOnions: 1 lb

• Organic Finely Chopped Tomtoes: 1 bottle

• Paprika: 1 tsp

• Pinch of sugar: optional

• Pomi Double Concentrated Organic Tomato Paste: 1

tbsp

• Salt and pepper: to taste

For this recipe we used:

Organic Chopped Tomatoes One bottle



Preparation

- 1. Pat the fish dry and season to taste with salt and pepper.
- 2. Lay the fish in a dish or resealable bag and squeeze the juice of one half of the lemon over it. Refrigerate for 20 minutes while you prepare the remaining ingredients.
- 3. Heat the oil over medium heat in a large, heavy skillet and add the onions and leeks. Cook, stirring often, until they have softened and are starting to get golden, 10-12 minutes.
- 4. Add a generous pinch of salt and the garlic, paprika, chili powder, oregano and the bay leaf and cook, stirring, until the garlic is fragrant, 30 seconds to a minute.
- 5. Pour in the wine and the tomato paste and cook for another minute or two until wine has reduced
- 6. Stir in the finely chopped tomatoes, sugar if using, and half the parsley and more salt and pepper to taste and bring to a simmer. Simmer uncovered, stirring often, until the sauce has cooked down a bit and is very fragrant, about 10 minutes. In the meantime preheat the oven to 375 ° F
- 7. Remove pan from heat and place the fish onto the sauce submerging pieces into the sauce and spooning sauce over the pieces.
- 8. Place skillet in the oven and bake until the fish is opaque and pulls apart easily with a fork, approx 25-30 minutes depending on the thickness of the fillets basting the fish every 10 minutes.
- 9. Remove from the oven once done and serve with lemon wedges and capers and with rice, or whatever side you prefer.