

PAN SEARED FISH FILETS WITH VERACRUZ SAUCE



Featuring Kettle Cuisine's Tomato Soup with Garden Vegetables

DF DAIRY FREE

GF GLUTEN FREE

INGREDIENTS:

- 1.5 cup Tomato Soup with Garden Vegetables
- 2 tsp Vegetable Oil
- 2 cloves Garlic, minced
- ½ tsp Jalapeno, finely diced
- 1 tbsp Green Olives, diced
- 2 tsp Capers, rinsed
- ½ tsp Mexican oregano
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsp Vegetable Oil
- 2 ea. Fish Filets: sea bass, red snapper or tilapia
- Salt & Pepper, to taste

OPTIONAL GARNISHES:

Sliced Scallions and Lime Wedges

METHOD OF PREPARATION:

Veracruz Sauce

1. Heat sauté pan over medium-high heat and add vegetable oil to the pan and heat until oil shimmers, but does not smoke
2. Add garlic and jalapeno peppers, sauté for one minute then add olives, capers and oregano, sauté for one minute
3. Add Kettle Cuisine Tomato Soup with Garden Vegetables to the pan, reduce heat to a simmer for five minutes
4. Remove from heat and drizzle in extra virgin olive oil and season to taste with salt & pepper

Fish Filets

1. Heat sauté pan over medium-high heat
2. Generously season both sides of the fish filets with salt and pepper
3. Add vegetable oil to the pan and heat until oil shimmers, but does not smoke, then add filets (skin side up) to the pan
4. After 4 minutes, carefully flip filets and let sauté until fish is fully cooked (time will vary depending on the thickness)
5. Set aside to rest on paper towel lined plate, covered loosely with aluminum foil

Plate Assembly

1. Place two large ladles of Veracruz Sauce onto a shallow platter and arrange fish filets over sauce
2. Spoon an additional ladle of sauce across filets and garnish with sliced scallions and a sprinkle of lime

To learn more please contact us.

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