

SIEMER
DISTRIBUTING CO., INC.
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Mexican baked fish with chilli and lime

4 x 180g thick white fish fillets, eg snapper, blue eye
1/2 tsp salt
1 tbsp lime juice
2 tbsp olive oil
1 onion, finely sliced into rings
1 garlic clove, finely sliced
400g fresh or tinned tomatoes, chopped
1 red capsicum, cut into strips
150mL water
Sea salt and pepper
1 tsp sugar
2 tbsp lime juice
10 green olives, pitted
1 tbsp salted capers, rinsed
1 fresh green chilli, sliced

Directions

Fresh coriander for serving

Rub the salt and lime juice into the fish fillets and set aside for 10 mins.

Heat the oven to 200C. Heat the oil in a frypan, and cook the onion for 10 mins until soft and pale. Add the garlic and cook for 1 minute. Add the tomatoes, capsicum, water, salt, pepper, sugar, lime juice, olives, capers and chilli then cook for 10 mins.

Heat 1 tbsp extra olive oil in a frypan and sear the fish over high heat, skin-side down, for 1 minute.

Place skin-side up in an oiled baking pan and spoon the sauce on top. Bake for 15 mins or more, depending on thickness. Scatter with coriander and serve with rice.

Serves 4.