

SPICY SAUTÉED FISH WITH OLIVES AND CHERRY TOMATOES

4 SERVINGS

¼ cup olive oil

2 pounds tilapia, red snapper or
orange roughy fillets

½ cup chopped fresh parsley

½ teaspoon dried crushed red
pepper

4 cups cherry tomatoes, halved

1 cup Kalamata olives or other
brine-cured black olives, chopped

6 garlic cloves, minced

Heat olive oil in heavy large skillet over medium-high heat. Sprinkle fish with salt and pepper. Add half of fish to skillet and sauté until just opaque in center, about 3 minutes per side. Transfer fish to platter. Repeat with remaining fish. Add parsley and crushed red pepper to same skillet; sauté 1 minute. Add tomatoes, olives and garlic; sauté until tomatoes are soft and juicy, about 2 minutes. Season sauce with salt and pepper; spoon over fish.