



Veracruz-Style Fish

4 Servings • 1 Serving = ¼ Pound Fish

INGREDIENTS

- 1 pound boneless and skinless white fish
- Salt and pepper, to taste
- 1 Tablespoon extra-virgin olive oil
- 1 cup onion, thinly sliced
- 1 Tablespoon garlic, minced
- 1 – 4 ounce can roasted green chile strips, drained
- 1 – 28 ounce can tomatoes, chopped and drained
- 1 Tablespoon dried oregano
- 3 Tablespoons capers, rinsed
- ¼ cup golden raisins
- 3 Tablespoons green olives, pitted and sliced
- ¼ cup vegetable stock

DIRECTIONS

1. Season fish with salt and pepper. Set aside.
2. Heat a large sauté pan over high heat. Add olive oil, swirl to coat the pan, and add the fish. Sear until golden brown and then flip and sear the other side. Remove the fish from the pan and place on a rack over a plate to catch the juices. The fish should be raw and rare.
3. Return the pan to heat. Add onions and cook for 2 – 3 minutes. Add garlic, chile, and tomatoes. Sauté for 2 minutes.
4. Add oregano, capers, raisins, olives, and stock. Bring to a simmer. Simmer for 4 minutes.
5. Return the fish and juices to the pan. Cover and cook over low heat for 3 – 4 minutes or until fish is cooked through. Taste broth and adjust seasoning.
6. Spoon a portion of the sauce into a shallow bowl. Top with a piece of fish and cover with a little more sauce.

Nutrition Facts

4 servings per container
Serving size 1/4 lb Fish

Amount per serving
Calories 330

% Daily Value*

Total Fat 13g 17%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 930mg 40%

Total Carbohydrate 28g 10%

Dietary Fiber 6g 21%

Total Sugars 16g

Includes 0g Added Sugars 0%

Protein 26g

Vitamin D 14mcg 70%

Calcium 140mg 10%

Iron 4mg 20%

Potassium 1115mg 25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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