

Pan-Seared Fish with Roasted Bell Pepper Tomato Sauce



Ingredients:

½		Red Bell Pepper, cut into ¼-inch rings
2	T	Olive Oil, divided
1	c	<i>Nana</i> Pasta Sauce (<i>Traditional</i>)
1	T	Red Wine Vinegar
1	pn	Black Pepper, freshly ground
2	T	Flour, all-purpose
1	T	Cornmeal
2		Fish fillets (grouper, halibut, bass, etc.) 6-oz each, about 1-inch thick
¼	ts	Salt
2	T	Parsley or Italian basil (fresh) for garnish

Directions:

Toss the red bell pepper with 1-tablespoon olive oil and place onto a baking sheet. Bake at 175°C for 15-minutes or until caramelized. Remove from oven place into a blender along with *Nana* Pasta Sauce (*Traditional*), wine vinegar, and black pepper; coarsely purée. Heat and keep warm.

Combine flour and cornmeal in a shallow dish. Heat remaining 1-tablespoon olive oil in a large ovenproof skillet over medium-high heat. Sprinkle fish with ¼-teaspoon salt; dredge in flour mixture. Add fish to pan and sear for 3-minutes. Turn the fish over; bake at 205°C for 8-minutes or until fish flakes easily when tested with a fork.



Top fish with tomato sauce; garnish with chopped fresh parsley or basil and serve with risotto and a salad.

Yield: 2 servings.

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For best results always use *Nana* Pasta Sauce.