

WHITE FISH *with Tomato Sauce*

4 servings

5 tbsp	PASTENE Extra Virgin Olive Oil	75 mL
4	garlic cloves, minced	4
1 tbsp	finely chopped parsley	15 mL
4	pieces of white fish	4
4 tbsp	PASTENE Extra Virgin Olive Oil	60 mL
	juice of ½ lemon	
	tomato sauce (see recipe on page 118)	

- In a bowl, combine 5 tbsp (75 mL) of olive oil with garlic, parsley and lemon juice.
- Wash fish and pat dry with paper towels. Place in lemon juice mixture, making sure all fish is coated. Refrigerate at least 1 hour.
- Heat 4 tbsp (60 mL) of oil in a skillet over medium heat and add fish (discard marinade). Cook until golden on both sides, turning once. Remove from skillet and serve topped with tomato sauce.

HALIBUT *with Saffron and Tomatoes*

4 servings

1	pinch of saffron threads	1
1¼ lbs	halibut steaks	575 g
2 tbsp	all-purpose flour	30 mL
2 tbsp	PASTENE Pure Olive Oil	30 mL
1	red pepper, sliced	1
1	yellow pepper, sliced	1
1	onion, finely chopped	1
1	garlic clove, chopped	1
1	can (28 fl. oz/796 mL) PASTENE Italian Peeled Tomatoes, drained and chopped	1
1 tbsp	finely chopped parsley	15 mL
	salt and pepper	

- Preheat oven to 350°F (180°C). Soak saffron in a little hot water.
- Sprinkle halibut with flour on both sides. Heat oil in a skillet and cook fish, at medium heat, until browned on both sides.
- Season to taste with salt and pepper and transfer fish to baking pan. Bake 8-10 minutes, or until cooked through.
- Meanwhile, add peppers, onion and garlic to skillet. Cook until tender-crisp. Add tomatoes and parsley. Cook 3-4 minutes. Stir in saffron with its soaking liquid and simmer 10 minutes. Season to taste with salt and pepper and serve with halibut.

