

Cuban Sea Bass



PREP TIME 20 Min
COOK TIME 25 Min
READY IN 45 Min
SERVINGS - 4

INGREDIENTS

- * 2 tablespoons extra virgin olive oil
- * 1 1/2 cups thinly sliced white onions
- * 2 tablespoons minced garlic
- * 4 cups seeded, chopped plum tomatoes
- * 1 1/2 cups dry white wine
- * 2/3 cup sliced stuffed green olives
- * 1/4 cup drained capers
- * 1/8 teaspoon red pepper flakes
- * 4 (6 ounce) fillets sea bass
- * 2 tablespoons butter
- * 1/4 cup chopped fresh cilantro

DIRECTIONS

- 1.** Heat oil in a large skillet over medium heat. Saute onions until soft. Stir in garlic, and saute about 1 minute. Add tomatoes, and cook until they begin to soften. Stir in wine, olives, capers, and red pepper flakes. Heat to a simmer.
- 2.** Place sea bass into sauce. Cover, and gently simmer for 10 to 12 minutes, or until fish flakes easily with a fork. Transfer fish to a serving plate, and keep warm.
- 3.** Increase the heat, and add butter to sauce. Simmer until the sauce thickens. Stir in cilantro. Serve sauce over fish.

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