

Pan-seared Fish with Basil Topping

Serves 4

Active Prep-time: 10 minutes

Total Time: 22 minutes

Fish is a healthy, light entrée, perfect for pairing with a rich and creamy risotto. You can use any of your favorite flaky white fish fillets like cod, tilapia, or whitefish for this dish. To cook the fish you'll use a simple searing technique, which uses high-heated oil to quickly create a golden-brown crust and seal in the juices of the fish.

INGREDIENTS

For topping:

1/4 cup fresh basil, minced

1/4 cup chicken broth

2 tablespoons grated Parmesan cheese

4 teaspoons olive oil

1/2 teaspoon of salt

2 garlic cloves, minced

1 teaspoon lemon juice

For fish:

4 white fish fillets (6 ounces each)

1/4 teaspoon pepper

1/4 teaspoon salt

2 tablespoons olive oil, for skillet

INSTRUCTIONS

1. Combine all topping ingredients in a small bowl and set aside.
2. Sprinkle fish with salt and pepper.
3. Add 2 tablespoons of oil to a low-medium heated non-stick skillet. To test the heat of the oil dab the surface with the tip of a fish fillet; if it sizzles the oil is ready.
4. Sauté fish for 2-5 minutes on each side or until it has golden crust or flakes easily with a fork.
5. Top with basil sauce and serve with a side of risotto.