

# BROILED TILAPIA WITH TOMATO CAPER SAUCE

## INGREDIENTS

- 1 tbsp. extra virgin olive oil
- 2 6 oz. tilapia fillets
- 1 garlic clove - crushed
- 1 shallot - minced
- 1 tomato - chopped
- 1 tbsp. capers
- Salt and fresh pepper - to taste

## PREPARATION

1. Brush fish with ½ tbsp olive and season with salt and pepper
2. In a medium sauté pan, heat the remaining olive oil.
3. Add garlic and shallots and sauté on medium-low about 4-5 minutes
4. Add tomatoes and season with salt and pepper
5. Add capers and sauté an additional minute
6. Meanwhile, set the broiler to low and place fish about 8 inches from the flame.
7. Broil until fish is cooked through, about 7 minutes.
8. Place fish on a platter and top with tomato caper sauce
9. Serve and enjoy!

