

MEDITERRANEAN STYLE FISH WITH TOMATO AND OLIVES



Something tasty for a quick supper and delicious when paired with
Insight Single Vineyard Sauvignon Blanc

Serves 4

INGREDIENTS

4 tblspns olive oil
1 small onion, diced
2 cloves garlic, minced
1 400g tin of chopped tomatoes
2 tblspns capers
1 cup of black olives, pitted and cut in half
¼ tspn dried, crushed chillies
1 handful of chopped flat leaf parsley
1 tspn fresh oregano
500g fresh fish fillets

METHOD

- 1) Pre-heat oven to 220 C
- 2) Heat a frying pan to medium heat. Add olive oil and onion. Sautee tender, about 4-5 minutes.
- 3) Add garlic and stir for another 1 minute.
- 4) Stir in tomatoes, capers, olives, chillis and parsley. Bring to the boil and simmer for 10 minutes.
- 5) In a baking dish, spread some sauce on the bottom and lay the fish fillets on top. Take remaining sauce and spread over top of fish. Sprinkle oregano over and drizzle with a little olive oil.
- 6) Bake in hot oven for 15-30 minutes, depending on how thick your fish fillets.
- 7) Enjoy with a fresh, green salad.



TASTING NOTE: INSIGHT Single Vineyard Sauvignon Blanc

Wonderfully aromatic; look for aromas of passion-fruit flower, mango, crunchy snow pea and minerality - like wet river stones. On the palate, the journey is fulfilling and long. Think leafy tomato, crunchy red capsicums, ripe pink grapefruit and fresh basil. It will leave you wanting more.