



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

FEB 2020
Recipe 129

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Tuscan Fish with Cannellini Beans

PREPARATION

- 1 - In a very large, deep skillet with a lid or a dutch oven, heat 1 tbsp. olive oil. Add onion and garlic.
- 2 - Saute until onion is translucent. Be careful to not burn the garlic.
- 3 - Add crushed red pepper and rosemary if using. Stir.
- 4 - Add diced tomatoes and cannellini beans. Stir. Cover the pan, and reduce heat to simmer while cooking the fish.
- 5 - In a large saute pan on medium-high heat, add remaining tablespoon olive oil and the teaspoon of garlic. Give it a good stir. When garlic is sizzling, add fish fillets to the pan.
- 6 - After a couple of minutes, lift the edge of the fish. When the fish is nice and brown, and beginning to become opaque white on the top, carefully turn the fish using a spatula.
- 7 - While fish cooks on the second side, add fresh spinach to the bean and tomato mixture. Give it a good stir, and replace the lid. Allow the spinach to wilt. Check for seasoning. Stir to combine.



INGREDIENTS

- 2 tablespoons olive oil (divided)
- 1 medium onion (diced)
- 1 teaspoon garlic (minced, divided)
- 1/2 teaspoon crushed red pepper (to taste)
- 2 teaspoons fresh rosemary (finely chopped - optional)
- 2 cans diced tomatoes (15 ounce)
- 2 cans cannellini beans (15 ounce)
- 10 ounces fresh baby spinach leaves (washed and dried)
- salt and pepper
- 1 1/2 pound tilapia or swai fillets (4 fillets) patted dry and seasoned with salt and pepper
- fresh parsley and lemon (to garnish)

COOK'S NOTE:

This delicious and healthy recipe, incorporating fresh herbs such as oregano and rosemary, packs in a lot of bold flavor in a simple to prepare, one-dish meal.

Bon Appétit!
-George

(photo by Marc-Henri)