

delicious dish

White Fish Puttanesca

| Produce | Pantry | Tools & Prep | Meat/Fish/ Chicken Freezer Dairy |
|--|--|--------------------|--|
| 1 pint or about 280-300 grams cherry tomatoes garlic 1 long red chili, minced or dried red pepper flakes | extra virgin olive oil 1/3 cup pitted kalamata olives 2 tbsp. capers | Large fry pan | 4 6-ounce serving of firm white fish, cod, halibut, grouper. |