

Fish Provencale



Ingredients

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| 4 firm white fish fillets of even thickness | 1/2 red chilli, seeds removed, finely chopped |
| Salt and freshly ground black pepper | 2 400g cans Italian diced tomatoes |
| 2 tbsp olive oil | 1/2 cup white wine |
| 1 brown onion, finely chopped | 3/4 cup mixed pitted olives |
| 2 cloves fresh garlic, thinly sliced | Flat leaf parsley, coarsely chopped, to garnish |
| 1/2 red capsicum, finely chopped | |

Directions

- Step 1 – Season each fish fillet on both sides with salt and pepper and allow to come to room temperature for half an hour.
- Step 2 – Heat the BBQ to medium (180 - 200°C) and prepare for direct grilling, ensuring the grills are clean.
- Step 3 – Preheat a BBQ safe fry pan or skillet over direct heat and once heated, add the olive oil, then add the onion, stirring to cook until translucent. Add the garlic slices and fry for 1 minute. Add the red capsicum and chilli and fry for 5 minutes.
- Step 4 – Add the diced tomatoes and white wine, stir, then close the BBQ lid and allow the sauce to simmer for 10 – 15 minutes or until starting to reduce.
- Step 5 – Stir the olives through the sauce, then add the fish fillets, making sure that all the fish is coated in the sauce. Close the BBQ lid.
- Step 6 – Allow the fish to cook for around 10 minutes, or until the fillets are cooked through, then serve, garnished with the parsley.

