

# HOOKED ON FISH

Fresh. Simple. Sustainable.

## **Baked Corvina with Tomatoes, Capers, and Olives**

### **Pook's Pantry**

4 portions of corvina, 5 ounces each  
1/2 cup dry white wine  
1 tbsp olive oil  
2 cups grape tomatoes  
1/2 cup kalamata olives  
1/4 cup capers, in brine, drained  
1/2 tsp kosher salt  
1/2 tsp black pepper  
2 tbsp. chopped parsley, optional  
2 tbsp sliced scallions, optional

Preheat oven to 350°F.

Toss tomatoes with olive oil. Place tomatoes on sheet pan or in baking dish and bake for 5 minutes.

While tomatoes are roasting, season both sides of the fish with salt and pepper.

Carefully remove tomatoes from oven and add fish to hot pan.

Add wine, olives and capers to pan around fish.

Bake for 16 - 18 minutes, depending on thickness of your fillets.

Remove from oven and sprinkle with fresh parsley and scallions, if desired.

Check our website for more recipes:

<https://www.hookedonfishchicago.com/recipes>