

PAN-FRIED PORGY WITH TOMATOES & BASIL

DIRECTIONS

- **STEP 1:** Preheat your oven to 350 degrees. Spread flour out evenly on a plate and season with salt and pepper. Roll each fillet of fish lightly in the flour and coat evenly.
- **STEP 2:** Prepare your tomatoes by tossing with olive oil, garlic & balsamic. Place on a baking sheet and roast for 15 minutes. Toss with basil after removing from the oven.
- **STEP 3:** While the tomatoes are roasting, cook your porgy. Heat canola oil in a skillet over medium-high heat. Cook the fillets of porgy, starting with the skin side up (trust me – otherwise the fish will buckle and curl!) 2 minutes per side.
- **STEP 4:** Once the fish is golden brown on each side, plate and top with the roasted tomatoes.