


Fish Puttanesca Style

 Preparation time
45-50 minutes

 Quantity
4 servings

Ingredients

For the fish:

- 4 firm white fish fillets (such as cod, snapper, or halibut)
- 2 tbsp. of olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 can (400g) of crushed tomatoes
- 8-10 cherry tomatoes, halved
- Kalamata olives, pitted and chopped
- 1 tbsp. of capers, drained
- 2-5 anchovies (optional but recommended)
- spicy crushed red pepper flakes, salt and black pepper (to taste)
- 1/4 cup of fresh parsley, chopped
- fresh basil leaves for garnish
- lemon zest and wedges for serving

For the potatoes:

- 500g of baby potatoes (or any small waxy potatoes)
- 2 tbsp. of olive oil
- 2 tsp. of coarse sea salt
- 1 tbsp. of fresh rosemary, chopped (or 1 tsp. dried)
- 2 garlic cloves, smashed
- freshly ground black pepper
- extra rosemary sprigs for garnish (optional)



Preparation

Prepare the potatoes:

Preheat your oven to 400°F (200°C). In a large pot, bring salted water to a boil. Add the baby potatoes and boil them for 10-12 minutes, until tender but not falling apart.

Drain the potatoes and let them cool slightly. Once cool enough to handle, gently smash each potato with the back of a spoon or a fork (not too hard—just enough to flatten them a bit). In a large bowl, toss the smashed potatoes with olive oil, garlic, chopped rosemary, coarse sea salt, and a bit of black pepper.

Spread the potatoes on a baking sheet in a single layer, and roast in the oven for 20-25 minutes, flipping halfway, until crispy and golden brown. Garnish with extra rosemary if desired.

The Puttanesca sauce:

While the potatoes are roasting, heat olive oil in a large skillet over medium heat. Add the chopped onions and cook for 5-7 minutes until soft and translucent. Stir in the minced garlic and cook for another minute until fragrant.

Add the crushed tomatoes, cherry tomatoes, olives, capers, anchovies, red pepper flakes, black pepper, and a pinch of salt. Stir to combine.

Simmer the sauce on low heat for 10-15 minutes, stirring occasionally, until it thickens slightly and the flavors meld.

Cook the Fish:

Preheat your oven to 375°F (190°C).

Transfer the sauce into a large oven-safe dish. Season the fish fillets with salt and pepper, then place them on top of the sauce in the baking dish.

Drizzle a little extra olive oil and some lemon zests over the fish fillets to keep them aromatic and moist.

Bake for 15-20 minutes, depending on the thickness of the fish. The fish should be tender, juicy, and cooked through but still soft.

Serve with the potatoes, fresh parsley, and basil.

