



Rockfish with Sundried Tomatoes & Pesto Sauce

Ingredients:

1 pound rockfish
1 tsp olive oil
1/3 cup sundried tomatoes in olive oil
3 tablespoons pesto sauce
3/4 cup heavy cream
salt & pepper to taste

Season fillets with salt and pepper. In a large non-stick skillet on medium high heat, sear the fillets in the olive oil. 3-5 minutes on each side - depending on thickness. Remove fillets and set aside on a warm plate.

Remove pan from heat and add 3 tablespoons pesto sauce, 1/3 cup sundried tomatoes and 1 cup heavy cream. Return to stove and warm sauce until bubbly on medium heat.

Plate the fish with noodles or rice. Then pour the sauce over the rockfish. Enjoy!

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