

SPICY PASTA WITH TILAPIA

INGREDIENTS

- 1/2 lb** Tilapia fillets (cut into small chunks)
- 2 T** Extra virgin olive oil
- 3** Garlic (cloves) (chopped)
- 1/2-3/4 t** Red pepper flakes
- 1/2 C** White wine (dry)
- 1** San Marzano tomatoes (28 oz can (crushed by hand))
- 1/2 C** Water
- 1/2 C** Basil (fresh) (chopped) (plus more for topping)
- Kosher salt**
- 10 oz** Spaghetti (multigrain)
- 2 T** Parsley (fresh) (chopped)



DIRECTIONS

- 1** Toss the tilapia with a T olive oil, 2 t garlic & 1/4 t red pepper flakes in a bowl.
- 2** Cover & refrigerate.
- 3** Heat the remaining 1 T of olive oil in a large skillet over medium heat.
- 4** Add the remaining garlic and 1/4 to 1/2 t red pepper flakes & cook.
- 5** Stir until the garlic starts to soften (30 seconds).
- 6** Add the wine & simmer until reduced by half (3 minutes).
- 7** Add the tomatoes, 1/4 C basil & the water.
- 8** Bring to a boil & cook stirring occasionally, until the sauce is slightly thickened (12 minutes).
- 9** Then bring a large pot of allted water to a boil & add the pasta & cook as the label directs.
- 10** When the pasta is almost done, add the tilapia to the skillet with the tomato sauce & simmer, stirring gently, until just cooked thru (3 minutes).
- 11** Stir in the parsley & the remaining 1/4 C basil & season with salt.
- 12** Drain the pasta & add it to the sauce.
- 13** When serving top with more basil.

