

Tuscan Fish or Chicken

Serves Four



This is great over pasta or rice.

Ingredients

- 1 ½ pounds white fish (I use tilapia) or chicken tenders - patted dry and seasoned with salt and pepper
- 2 tablespoons olive oil
- 2 tablespoons butter
- ½ brown onion, chopped
- 2 cloves garlic, minced
- Couple pinches red pepper flakes
- ½ teaspoon Kosher salt
- ¼ teaspoon black pepper
- 1 pound cherry tomatoes, halved
- 2 cups fresh spinach leaves
- ¼ cup heavy cream
- ¼ cup half and half
- ¼ cup fresh basil, chopped
- ¼ cup parmesan cheese
- Juice of half a lemon plus lemon slices for serving

Steps

1. In a large skillet begin heating oil over medium-high heat. Swirl or brush oil around making sure the skillet is well-coated. Add the seasoned fish or chicken and cook each side until brown. Remove to a plate.
2. In the same pan (don't wash) melt the butter over medium-high heat. Add the onions and garlic and saute until translucent (about 5 minutes). Season with red pepper flakes, salt and pepper. Add the cherry tomatoes and cook until juice is released and tomato skins have shriveled (about 8 minutes). Add the fresh spinach leaves turning them to coat in the tomato juice. Once spinach has cooked down (only takes a few minutes) add the cream and half and half. Bring mixture to a simmer. Taste for seasoning. Add the fish (or chicken) back in the pan and continue cooking on a simmer for 5 minutes or so (to heat the chicken or fish through - ensuring that it is cooked).
3. Right before serving, add the lemon juice and top with parmesan cheese and fresh basil. Serve hot over noodles, rice or with a side salad.