



KALYMNOS PASTRIES
experience the tradition



PSARI PLAKI – oven baked fish Greek Style

8 white fish fillets, *medium size, eg snapper, seabass*
1/3 cup olive oil
4 cloves garlic, *crushed*
2 large brown onions, *finely chopped*
500mls tomato puree/passata
300mls diced tomato
1 tablespoon tomato paste
½ bunch parsley, *chopped*
Salt, *to taste*
Pepper, *to taste*

METHOD

Preheat oven to 180°
Place the olive oil in a large saucepan place on medium heat.
Add onions and garlic and sauté until lightly browned.
Then, add tomato paste and stir to cook out for 3 minutes.
Add tomato puree and diced tomatoes into saucepan, season with salt and pepper and stir.
Add ¾ of the parsley to the sauce and stir in.
Take saucepan off heat and set aside.
Place 2 ladles of sauce into the base of a baking tray and spread.
Add fish fillets evenly and spread remaining sauce over fish and bake for 20 minutes.
Remove from oven and sprinkle remaining parsley over the top.

Serve to your loved ones with some fresh salad and you have the perfect healthy and tasty meal.

Enjoy
George Diakomichalis ☺