

Idiot's Kitchen Shopping List

– Fish Baked in Tomatoes & Onions (Psari Plaki)

Recipe from www.idiotskitchen.com – Adapted from Paula Wolfert



1 pound of Tilapia or other fish fillets (halibut, orange roughy, or red snapper)

Lemon

1 medium Onion

¼ cup Parsley

Olive Oil

Tomato Sauce

½ cup Panko Breadcrumbs – Panko are flaky breadcrumbs sometimes found in the Asian section.

¼ cup Port (Sandman Tawny Port recommended)

½ teaspoon dried Oregano

1 large pinch (1/16 teaspoon) Allspice OR Cinnamon

Salt & Pepper