

Fish Fillet



Makes:

3 servings

Utensil:

11" Large Skillet with Cover

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Recipe:

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- 3 white fish fillets
- 1 red bell pepper, cut in slices
- 1 green bell pepper, cut in slices
- 1 lemon, cut in slices
- 1 tomato, cut in slices
- salt and pepper, to taste

Directions:

1. Place fish fillets in skillet. Season with salt and pepper.
2. Place bell peppers, lemon slices and tomato slices on top of fish fillets.
3. Cover skillet and turn temperature to medium heat. When Vapo-Valve™ clicks, reduce heat to low and cook for 10 minutes until fish is cooked through. Serve.

Tips:

- Use any firm white fish, such as cod or haddock.

Nutritional Information per

▼ Serving

Calories: 210

Total Fat: 2g

Saturated Fat: 1g
Cholesterol: 110mg
Sodium: 913mg
Total 11g
Carbs:
Dietary Fiber: 4g
Sugar: 4g
Protein: 38g

Nutritional analysis calculated using haddock fish fillets