

Fish Fillet



Makes:

3 servings

Utensil:

11" Large Skillet with Cover

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Contributed By:

Wayne Fritz

Authorized Saladmaster Dealer PPTI, Philippines

<http://facebook.com/manilappti>

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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 Carbs:

11g

Dietary Fiber:

4g

Sugar:

4g

Protein:

38g

Nutritional analysis calculated using haddock fish fillets