

# Yellowtail in White Wine Sauce



# Fennel & Fire

**Servings:** Two

**Seasoning:** Fennel and Fire TunaChick

## INGREDIENTS:

Two pieces of yellowtail fillet- pat dry

One-two Tbsp olive oil

One-two Tbsp Fennel and Fire seasoning plus 1 tsp

Two Tbsp capers, drained

Half a cup of cherry tomatoes cut in half

One tsp lemon zest

One tsp lemon juice

One tsp minced garlic

## DIRECTIONS:

Sprinkle one Tbsp. of fennel and Fire TunaChick on both sides of the yellowtail fillets. Heat a nonstick skillet to medium high heat. Add olive oil and coat bottom of pan. Saute yellowtail skin side down, 2-3 min or until skin releases from skin. Turn fish over and continue cooking until fillet is cooked through and fish flakes. Remove fish from pan and set aside. Add white wine to deglaze the pan, and simmer on medium to medium-high until wine reduces by half. Add tomatoes, capers, lemon juice, lemon zest, and one tsp of Fennel and Fire tunaChick. Continue cooking stirring occasionally for 4-6 min. Pour pan sauce over fish upon serving.

## MAKE IT A MEAL

*Serve over linguini with a side of broccoli.*

*Serve as a sandwich on Chibati Bread with a side of roasted potatoes*

*Serve room temperature over a mix of salad greens. Let the sauce become the dressing.*

*Serve with a side of roasted artichoke or air fried asparagus*

Excite  Taste  
your buds,  
naturally!

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