

Tapena

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Oven Fried Fish Albondigas

Serves 8

Ingredients

Albondigas:

- 1 large egg
- 2 cups fine bread crumbs
- 3 tablespoons freshly grated manchego cheese
- 1/4 cup chopped parsley
- 1 tsp minced garlic
- 2 Tbsp olive oil
- 1 pound firm white fish (halibut or tilapia)

Sauce

- 1 - 15 ounce can diced fire roasted tomatoes
- 1 clove minced garlic
- 1 tsp dried crumbled oregano
- Salt and pepper to taste

Directions

Albondigas:

Chop the fish very fine.

Combine the egg, 3 tablespoons bread crumbs, cheese, garlic, oil and parsley together. Add the fish and thoroughly mix. Roll mixture into 1 – 1 ½ inch balls.

Put remaining bread crumbs into a flat bowl or platter. Roll each fish ball through the bread crumbs and place on a oiled baking sheet. Refrigerate the balls for 40 – 60 minutes.

Preheat oven to 550F. Spray balls with Canola Oil spray and put in oven. Cook for 10 minutes

Sauce

Combine ingredients. Cook on medium-low until liquid is reduced by half. Spread sauce on a medium size platter and nestle the fish albondigas into the sauce. Serve warm