



Oven Baked Swai

Savannah · 30/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

2

Description

This is one of my favorite recipes for any kind of white fish

Ingredients

- - 2 (4 ounce) fillets swai fish - salt and ground black pepper to taste - 1 tablespoon olive oil
- or as needed - 1 onion
- chopped - 1 clove garlic
- minced - 1 (14.5 ounce) can petite diced tomatoes

Instructions

1. Preheat oven to 400 degrees F (200 degrees C). Place swai fish in a glass casserole dish and season with salt and black pepper. Heat olive oil in a large skillet over medium heat; cook and stir onion until softened
2. about 10 minutes. Add garlic and cook until fragrant
3. about 1 minute. Pour tomatoes over onion mixture; cook and stir until heated through
4. about 5 minutes. Spoon tomato mixture over fish. Bake in the preheated oven until fish flakes easily with a fork
5. about 20 minutes.