

## FISH FLORENTINE

Submitted By: Joe Immordino



### INGREDIENTS:

- 4 (5 oz) thick pieces of skinless white firm fish fillet (such as grouper, bass or halibut). Flounder or shrimp also works well.
- 1 tablespoons extra virgin olive oil
- 1 tablespoon salted butter
- 1 cup red bell pepper chopped
- 2 cloves garlic minced
- 9 ounces fresh baby spinach (from two bags)
- 2 ounces 1/3 less fat cream cheese (I like Philadelphia)
- ¼ cup half & half cream
- 3 tablespoons grated Parmesan cheese
- 1 cup Cherry tomatoes (halved)
- kosher salt
- fresh black pepper

### DIRECTIONS:

1. In a large skillet over medium heat add 1/2 tablespoon of olive oil and 1/2 tablespoon of butter, red bell pepper and garlic and cook for about 4 minutes.
2. Add spinach season with a pinch of salt and pepper mix until the spinach wilts down.
3. Add cream cheese, half & half and parmesan cheese mix well until cream cheese is melted and resembles creamed spinach.
4. Heat a separate skillet on medium high heat, add remaining oil and butter.
5. Season fish on both sides with salt and pepper and place on the hot pan.
6. Cook 6 minutes on first side and flip fish over and cook other side an additional 5 minutes, until cooked through and browned.
7. Divide the spinach mixture on the bottom of each plate and top with piece of fish
8. Best served over white or brown rice. If served over rice, divide spinach mixture over rice, then top with fish