

Parmesan Haddock with Fresh Tomatoes and Basil

Prep time: 10 minutes

Cook time: Under 10 minutes

Serves: 4

Ingredients:

2 T. extra virgin olive oil, divided

4 6-oz. fresh haddock fillets

$\frac{3}{4}$ c. Parmesan cheese, freshly grated

4 medium tomatoes, seeded and diced

2 c. fresh basil leaves, thinly sliced

Optional:

Sea salt and black pepper, to taste

Directions:

1. Preheat your grill (US-broil) and line a large, rimmed baking sheet with a piece of aluminium foil.
2. Arrange haddock fillets on baking sheet and brush with a tablespoon of olive oil before sprinkling with the Parmesan cheese. Lightly season each fillet with salt and black pepper, if desired.
3. Place in pre-heated grill for 6-8 minutes or just until the fish is golden brown on top and flakes easily with a fork. Remove from grill and set aside.
4. While the fish grills, toss the tomatoes and basil with the remaining olive oil and season with salt and black pepper, as desired. Set aside.
5. Transfer fish to individual serving plates and top each fillet with an equal portion of the tomato-basil mixture before serving. Enjoy!