

DENZY'S TOMATO, FENNEL AND GARLIC ANGELFISH



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- 1 Angelfish, halved
- 1 onion slices
- 1 tomato slices
- 4 mushrooms slices
- 1 tablespoon fresh fennel
- 1 teaspoon thyme
- 2 tablespoons apricot jam
- 2 tablespoons lemon
- 1 teaspoon garlic
- 2 tablespoons tomato sauce
- 2 tablespoons butter

Place fish in oven dish, with salt and pepper. Place tomato, onion and mushroom on fish.

Heat all the ingredients in a sauce pan, and pour over the fish, baked in pre-heated oven at 180°C for 15 min or until fish is done.

Enjoy.

Recipe and Photo: Denzel Koenana