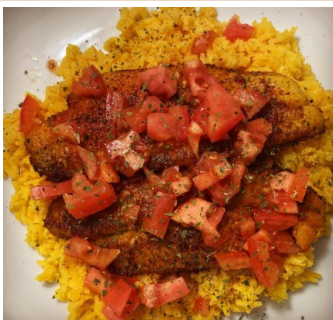


## Easy 20-Minute Garlic Fish and Tomato Skillet Over Rice

Pan-Seared Fish & Tomatoes Over Rice



**TIME**  
**20 min**

**PRINT**  
**Recipe Card**

**SAVE**  
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**SOURCE**  
**ChefManiac**

### INGREDIENTS

Cherry Tomato Sauce:

The Base: 5-6 tbsp olive oil, 1 tbsp shallots (or onion), and 1 tbsp finely diced garlic.

The Sweet & Tangy:  $\frac{3}{4}$  cup cherry tomatoes (half sliced, half whole).

The Flavor: 1 tsp red chili, 1 tbsp fresh chopped basil, and a squeeze of lemon juice.

Essentials: A pinch of salt.

Fish Fillet & Coating:

The Protein: 250g fish fillet (Snapper, Cod, or Tilapia work beautifully).

The Crust:  $\frac{1}{2}$  cup plain flour and 1 tsp garlic powder.

The Cooking Fat: 1 tbsp olive oil.

The Foundation: Hot cooked rice for serving.

### DIRECTIONS

- 1.** Build the Cherry Tomato Sauce: Heat olive oil in a pan over low-medium heat. Add the garlic and red chili, sautéing for about 1 minute until fragrant. Toss in the shallots and cherry tomatoes. Cook for another minute, then stir in the fresh basil and salt.  
Pro-Tip: Use your spoon to gently mash a few of the tomatoes-this releases their juices and creates a velvety, chunky sauce. Simmer for 2-3 minutes until the whole tomatoes are soft.
- 2.** Prep the Fish Coating: On a flat plate, whisk together the plain flour and garlic powder. Pat your fish fillet completely dry with a paper towel. This is the secret to a crispy crust-moisture is the enemy of a good sear!
- 3.** Sear the Fillet: Lightly dredge the fish in the flour mixture, shaking off any excess. Heat 1 tbsp of olive oil in a clean pan over medium heat. Gently lower the fish into the pan. Sear for 3-4 minutes per side (depending on thickness) until the crust is golden-brown and the fish flakes easily with a fork.
- 4.** The Final Touch: Once the fish is done, season it with a little extra salt and pepper and a generous squeeze of fresh lemon juice while it's still in the pan.
- 5.** Plate and Serve: Ladle a generous scoop of hot rice into a bowl. Top with the golden fish fillet and spoon that vibrant cherry tomato sauce right over the top.

### SWAPS & NOTES

The Fish: Use a firm white fish like snapper, mahi-mahi, or

cod.

If you prefer salmon, the tomato sauce still pairs beautifully with it!

The Chili: If you aren't a fan of heat, swap the fresh red chili

for a pinch of red pepper flakes or leave it out entirely for a milder sauce.

The Flour: For a gluten-free version, you can use rice flour or almond flour for the coating.

## TIPS FOR SUCCESS

**Don't Overcrowd:** If you are cooking multiple fillets, do them in batches.

**Crowding the pan** will cause the fish to steam rather than sear.

**High-Quality Oil:** Since olive oil is a major component of the sauce, use a good extra virgin variety if possible-it makes a huge difference in the final flavor.

**Pat it Dry:** I'll say it again: dry fish = crispy fish.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-20-minute-garlic-fish-and-tomato-skillet-over-rice/>