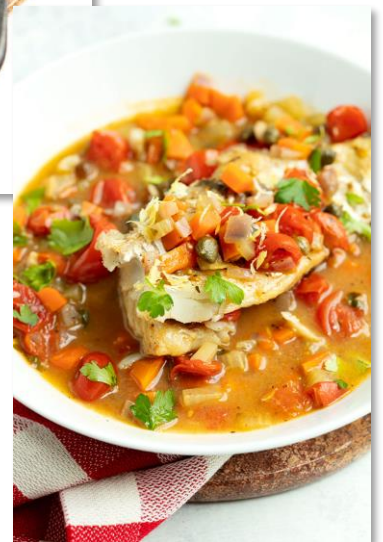


## Acqua Pazza

Serves 4

- 41 g olive oil
  - 1 small onion, finely chopped
  - 2 garlic cloves, minced
  - 1 carrot, finely chopped
  - 1 celery stalk, finely chopped
  - 1-2 C cherry tomatoes, halved
  - 360 ml dry white wine
  - 1 spring fresh rosemary
  - 3 T fresh parsley, finely chopped
  - 2 T fresh basil, finely chopped
  - 1 tsp thyme, finely chopped
  - 2-3 T capers
  - Salt & pepper
  - Dash red pepper flakes
  - 900 g fish fillets
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- ¼ C fresh, chopped parsley
  - 2 tsp coarsely grated lemon zest



1. Preheat oven to **200°C**.
2. Heat the **oil** in a heavy, ovenproof pot.
3. Add the **onion, celery, carrot and garlic**, and cook until it is tender.
4. Add the **wine, rosemary, parsley, basil, seasonings, capers** and **tomatoes**, and bring to a boil.
5. Add the **fish** fillets, and spoon some of the hot vegetables over them and then bake in the preheated oven for **about 15-20 minutes**, or until the fillets are completely cooked.
6. Taste once more, and adjust seasonings if needed.
7. Remove the rosemary sprig and serve the fillets in individual bowls; spoon a good helping of the tomato mixture into each bowl.
8. Sprinkle each dish with the fresh **parsley** and **lemon**, and serve with some good crusty bread to soak up the tasty juices.