

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## Haddock Fillets

Makes 2 servings

### *Ingredients:*

2 tbsp butter  
4 haddock fillets  
1/2 onion, finely chopped  
1 clove garlic, chopped  
3 plum tomatoes, chopped  
4-6 leaves fresh basil  
1/2 tsp salt  
pepper  
1/2 tsp dried oregano

### *Directions:*

1. Melt 1 tablespoon butter in a skillet on medium heat. Cook fillets for 5 minutes on each side. Set aside.
2. In same skillet, melt rest of butter on medium heat. Add onions, garlic and sauté until lightly browned. Add tomatoes, basil, salt, pepper, oregano and cook for 10 minutes.
3. Add cooked fillets on top of tomato mixture. Cover and cook for 15 minutes or until fish is cooked through.