

Broiled Triple Tail with Cabbage and Artichokes
(any white fish can be used)
(serves 4)

4 9oz. triple tail filets
3 T olive oil
1/2 lemon juiced
2 cans of marinated, quartered artichokes
4 plum tomatoes
2 cups cooked basmati rice
1/4 C red onion, diced
1 T fresh cilantro, chopped
1 T fresh parsley, chopped
S and P to taste

1. Drizzle fish with 1T olive oil, season with salt and pepper and broil 3 minutes per side, squeeze lemon on top of fish and set aside.
2. Over medium heat add olive oil and onion. Cook 2 minutes, stirring constantly, add artichokes and tomatoes and continue to cook for 5 minutes. Season with salt and pepper and TASTE. Add fresh herbs and TASTE.
3. Place rice and vegetables on plate and top with fish. Add a squeeze of more lemon juice for freshness.