



Recipe from: [My Catholic Tradition](#)

Fish with Tomato and Pine Nuts

SERVES SIX TO EIGHT

Ingredients

2 1/4 - 3 1/4 lb fish, such as snapper, cleaned, with head and tail left on

Juice of 2 lemons

3/4 cup pine nuts, toasted

1 1/2 cups spicy tomato sauce

Prick the fish all over with a fork and rub with 1/2 tsp salt.

Put the fish in a roasting pan or large dish and pour over the lemon juice.

Leave to stand for 2 hours.

Preheat the oven to 350°F.

Sprinkle half of the pine nuts over the base of an ovenproof dish, top with half of the sauce and then add the fish and its marinade.

Add the remaining tomato sauce and the remaining pine nuts.

Cover the ovenproof dish tightly with a lid or foil and bake in the preheated oven for 30 minutes, or until the fish is tender.

Garnish with flat leaf parsley.

Serve the fish immediately, straight from the dish.