

Seafood Stew

Ingredients

4oz filet of firm white fish
(sea bass, cod, snapper, halibut)

3 large shrimp, peeled and deveined
3 medium sea scallops
 $\frac{3}{4}$ cup stewed tomatoes
 $\frac{1}{4}$ cup tomato sauce
 $\frac{1}{4}$ cup chicken stock
2 tbsp fresh basil, medium chop
 $\frac{1}{2}$ tsp dried oregano, crumbled
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp black pepper
Pinch of red chili flakes

Method

Combine all ingredients except the fish, scallops and shrimp in the convectionware and stir to combine. Place fish filet in the middle of convectionware and arrange scallops and shrimp around fish.

Secure lid on the convectionware and place into a 450 degree oven for 15 minutes.