

Frozen Fish Dish

Unit: Large Skillet or Electric Skillet

Frozen fish filets (cod or tilapia)

1 - Fresh Jalapeno (diced)

1 - tsp. Soy sauce

1 - Medium onion (cut on #2 blade)

1 - can of rotel tomatoes

Fresh cilantro (chopped)

Insert fish into a cold skillet. Place all remaining ingredients (except for the cilantro) over the filets. Rotate the valve under the knob to open and turn on medium heat. (325 for the electric)

Cook until the lid is stinging hot to the touch or the valve whistles. Reduce to low heat (275 for the electric) and cook for 5 -10 minutes or until done. Top with fresh cilantro. Serves well with rice!