

Tilapia with Arugula, Capers, and Tomatoes

Servings: 2

From

<http://www.marthastewart.com/317133/tilapia-with-arugula-capers-and-tomatoes>

Ingredients

1 cup grape tomatoes, halved

1/2 teaspoon red-pepper flakes

2 tilapia filets (8 ounces)

Salt

Pepper

3 cups arugula

2 tablespoons butter

2 tablespoons lemon juice

2 tablespoons capers, rinsed and drained

Preparation

1) In a medium nonstick skillet, bring 1/2 cup water to a boil. Add tomatoes and red-pepper flakes; top with tilapia, and season with salt and pepper. Cover, and cook 3 minutes. Add arugula. Cover, and cook until tilapia flakes easily with a fork, about 2 minutes.

2) With a slotted spoon, transfer tilapia and vegetables to a plate (reserve skillet).

3) Make sauce: Off heat, add butter, lemon juice, and capers to skillet; swirl until butter has melted. Season sauce with salt and pepper. Serve tilapia over arugula and tomatoes; drizzle with sauce.