



Total Time  
**45 MIN.**

Difficulty  
**EASY**

Yields  
**24**

Serving Size  
**1 FISH FILLET (4 OZ/110 G), 1/3 CUP/80 ML SAUCE, 1/2 CUP/125 ML RICE**

This flavourful and moist fish entree is easy to create using Campbell's® Condensed Reduced Sodium Tomato soup and a few simple ingredients.

## INGREDIENTS

	WEIGHT	MEASURE
Oregano, dry, crumbled	2 1/2 tbsp	40 mL
Gumbo file, optional	1 tbsp	15 mL
Pepper, black, ground	1 tsp	5 mL
Pepper, red, ground	1/2 tsp	3 mL
Non-stick cooking spray		
Tilapia or other whitefish fillets	6 lbs	2 7/10 kg
Oil, vegetable	2 tbsp	30 mL
Onion, sweet, diced	8 cups	2 L
Peppers, , green, diced	4 cups	1 L
Celery, diced	4 cups	1 L
Garlic, minced	2 tbsp	30 mL
Campbell's® Reduced Sodium Tomato	48 oz can	1 9/25 L can
Water	2 cups	500 mL
Parsley, fresh, minced	1 cups	250 mL
Lemon, fresh, juice	1/3 cup	80 mL
Lemon, fresh, zest	1 tbsp	15 mL
Parmesan, grated	1 cup	250 mL
Rice, brown (or white), cooked	3 qt. cooked	3 L



## INSTRUCTIONS

1. In bowl mix together oregano, gumbo file, if desired, and peppers.
2. Lightly spray 2 shallow, full-size (12 x 20 x 3 inch) hotel pans with cooking spray. Fold fish filets, tail side under, and arrange in a singled layer in the bottoms of each pan, 12 per pan. Sprinkle tops of fish evenly with 2 Tbsp. oregano-pepper mixture. Reserve remaining herb mixture for sauce.
3. In a large sauce pan, heat oil over medium-high heat; add onion, peppers and celery and sauté until tender, about 5 minutes.
4. Stir in garlic and remaining oregano-pepper mixture and continue to sauté 2 minutes.
5. Mix in Campbell's Reduced Sodium Tomato soup, water, parsley, lemon juice and zest; bring to a boil. Remove creole sauce from heat. (Sauce may be made ahead, cooled and refrigerated.) CCP: May be served hot 140°F (60°C) or higher, or chilled 40°F or lower.
6. Pour prepared Creole sauce evenly over the fish portions
7. Bake in 375°F (190°C) conventional or 325°F (160°C) convection oven 30-35 minutes, uncovered until the fish is tender and cooked through and the sauce is bubbly. CCP: Cook to an internal temperature of 140°F (60°C) or higher for 15 seconds.
8. Sprinkle tops of fish evenly with Parmesan. CCP: Hold hot at 140°F (60°C) or higher for service.
9. To Serve: For each serving, portion 1 fish filet on top of a 1/2 cup (125 mL) rice and top with 1/3 cup (80 mL) pan sauce over fish.