

Fish in Tomato Sauce (Quick and Easy) with Pasta

december 22nd, 2019 | 8 comments

Fish in tomato sauce is so quick and easy to make and although I've served it with pasta, it's a dish that can stand on its own. It can be served for Christmas Eve, too.



When you discover something good, do you want to share it with everyone?

Disclosure: I received 2 cans of Davia tomato sauce and some Pastificio G. di Martino pasta to try from The Greatest Tomatoes from Europe.

For me, it depends on what it is, but when it comes to food, there's no need to even think about it. I want everyone to taste my latest culinary discoveries! Today, it's Davia tomatoes—pomodorini—to be exact, one of the Greatest Tomatoes from Europe.

Perfect Plum Muffins

Perfect Plum Muffins



(Advertisement) Your video will begin shortly: 0:18

MEDIAVINE

Report this ad



Type and Press Enter

Meet Christina

A Scottish Italian cook living in Los Angeles, Christina is usually cooking, baking or (c)reating something scrumptious. When she isn't in the kitchen, she loves to travel, near and far, as long as good food is involved. Christina is on a mission to save authentic Italian dishes from extinction, and is constantly promoting Scottish (and British) food as some of the best cuisine the world has to offer—one steak pie and sticky toffee pudding at a time.



AMERICAN EXPRESS

L'ECCEZIONALE SARÀ LA REGOLA.

OFFERTA BENVENUTO

AMERICAN EXPRESS

SCEGLI CARTA PLATINO.

Per te **25.000 punti*** Membership Rewards®

+

€150 di voucher per i tuoi viaggi.

Richiedila ora

*Al raggiungimento di una soglia di spesa di €5.000 entro 90 giorni la prima dal richiedo della Carta Membership sarà concesso con fino a promozione. Per le condizioni complete consultare i fogli informativi su americanexpress.it/terminiecondizioni

AMEX DON'T live life WITHOUT IT

Newsletter



Have recipes and travel posts sent to your inbox.

Email Required

SUBSCRIBE



I am so excited about these tomatoes, I can't even tell you! I've already had many messages on Instagram asking where to buy them and I don't even know yet, but will come back here to add the information when I find out! These are just one of the brands participating in the Greatest Tomatoes from Europe campaign.

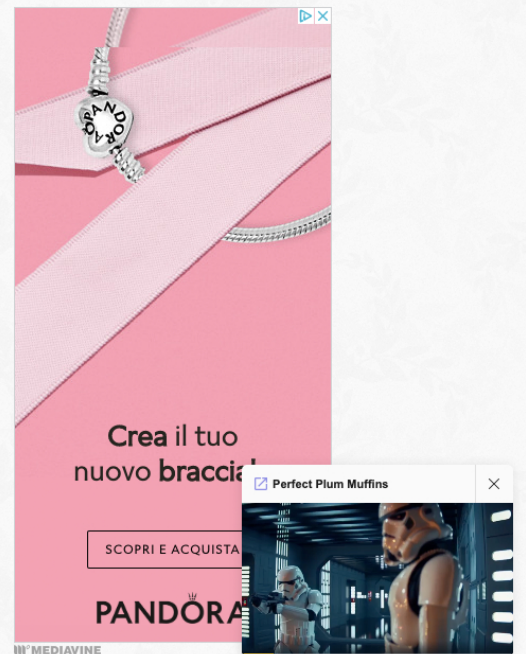


Recently, I told you about this [quality campaign](#) which is essentially promoting exactly what it's called: the greatest tomatoes from Europe! This is what I've been doing since I started my site in 2011, telling you to use the best quality tomatoes you can get your hands on. I had never heard of Davia before receiving these samples, but I'm so glad I know about them now!



As soon as I poured these tomatoes into the pan, I knew they were going to be good. Just look at that color and the firmness of the tomatoes. I must admit, I was blown away by the flavor, given that I tasted them completely raw, just out of the can. I honestly didn't expect them to be *this* good! I'm so excited to have another type of tomato to use that surpasses my standards of quality and flavor.

Given that Christmas is this week, if you're Italian, you may be planning a [Feast of the Seven](#)



[Fishes](#), or nine or maybe you'll just make some seafood. This would be a great dish to make for Christmas Eve, which is traditionally meat-free. It's so quick and easy to make! If you want to make this without the pasta, I would use two fish filets instead of one.



This sauce is a variation on my super popular [authentic quick Italian tomato sauce](#), which is a basic recipe almost everyone in Italy makes, or knows of. A few of the brands chosen to be in the Greatest Tomatoes From Europe Campaign are: Fontanella, La Valle, Mutti, Ciao and Davia.

Fish in Tomato Sauce with Pasta (or without)

recipe by Christina Conte serves 3

Ingredients

- 2 Tbsp extra virgin olive oil
- 3 cloves of garlic, (2 crushed, one finely chopped)
- fresh parsley, chopped (amount, as desired)
- 1 can (400g) Davia pomodorini (or any canned tomatoes on the Greatest Tomatoes From Europe site)
- salt and pepper (hot pepper flakes optional)
- 1 white fish filet, about 200g (I used orange roughly, but cod, haddock or any fleshy white fish will work) – if serving without pasta, use 2 filets
- 1/2 lb good quality Italian pasta, I used Pastificio G. di Martino elicoidali (like rigatoni, but more narrow)

Start cooking the pasta





Boil water for the pasta and cook as directed; while the pasta is cooking, make the sauce.

Make the tomato sauce



Place the olive oil, garlic and parsley (and hot pepper if using) in a large, deep sauté pan, bring heat up to high and before the garlic browns, add the tomato puree and stir quickly. Add salt and pepper. Cook on high heat for about 5 minutes, then lower to a simmer. Add a little splash of pasta water if needed.

Add the fish.



Add the fish and simmer gently until the fish is cooked and begins to flake (turn just once). The pasta and fish in tomato sauce should be ready at the same time. If serving the fish with pasta, start to break it into small pieces.



Serve

Reserve some of the pasta water and drain the pasta, then add it to the pan with the fish and tomatoes. Add the water as needed, and combine the pasta with fish in tomato sauce.



Spoon pasta into warm plates and serve immediately. To keep this authentically Italian, you should not add any cheese.



Buon appetito!



Don't miss another recipe or travel post, sign up [HERE](#).

YIELD: 3 SERVINGS

Fish in Tomato Sauce (Quick and Easy) with Pasta



Print

A quick and simple seafood and tomato dish that's delicious with or without pasta.

PREP TIME
2 minutes

COOK TIME
15 minutes

TOTAL TIME
17 minutes

Ingredients

- 2 Tbsp extra virgin olive oil
- 3 cloves of garlic, (2 crushed, one finely chopped)
- fresh parsley, chopped (amount, as desired)
- 1 can (400g) Dava pomodorini
- salt and pepper (hot pepper flakes optional)
- 1 white fish filet, about 200g (I used orange roughy, but cod, haddock or any fleshy white fish will work) - if serving without pasta, use 2 filets
- 1/2 lb good quality Italian pasta, I used Pastificio G. di Martino elicoidali (like rigatoni, but more narrow)

Instructions

1. Boil water for the pasta and cook as directed; while the pasta is cooking, make the sauce.
2. Place the olive oil, garlic and parsley (and hot pepper if using) in a large, deep sauté pan, bring heat up to high and before the garlic browns, add the tomato puree and stir quickly. Add salt and pepper. Cook on high heat for about 5 minutes, then lower to a simmer. Add a little splash of pasta water if needed.
3. Add the fish and simmer gently until the fish is cooked and begins to flake (turn just once). The pasta and fish in tomato sauce should be ready at the same time.

Serve

1. Reserve some of the pasta water and drain the pasta, then add it to the pan with the fish and tomatoes. Add the water as needed, and combine the pasta with fish in tomato sauce.
2. Spoon pasta into warm plates and serve immediately. To keep this authentically Italian, you should not add any cheese.

Nutrition Information: YIELD: 3 SERVING SIZE: 1

Amount Per Serving: CALORIES: 747 TOTAL FAT: 30g SATURATED FAT: 8g TRANS FAT: 0g

UNSATURATED FAT: 18g CHOLESTEROL: 122mg SODIUM: 187mg CARBOHYDRATES: 69g

NET CARBOHYDRATES: 0g FIBER: 5g SUGAR: 1g SUGAR ALCOHOLS: 0g PROTEIN: 48g

Nutrition info is only an estimate

© Christina Conte

CUISINE: Italian / CATEGORY: Main Course

f Share

🐦 Tweet

📌 Pin

✉ Email

👤 Reddit

👤 Yummly

← 11 SHARES

Christina



You may also enjoy these...



FUSILLI WITH PUMPKIN AND SAUSAGE AND THE GREATEST TOMATOES FROM EUROPE



A RECIPE FOR PACCHERI CON SUGO DI MARE (PASTA WITH SEAFOOD SAUCE) AND A DRIVE FROM ROME TO SPERLONGA



SHRIMP FETTUCCINE WITH A LIGHT CREAM SAUCE AND TOMATOES



ZIA MARIA'S TUNA, EGG AND TOMATO SALAD

OLDER POST
[snow cake recipe \(from scotland\)](#)

course or meal, cuisine, dairy free, egg free, entrees, fish & shellfish, gluten free, ingredient, italian, nut free, special diets - davia tomatoes, fish, fish and tomatoes, fish pasta, fish with tomatoes, greatest tomatoes from europe, pasta, seafood, seafood pasta, seafood sauce

Don't miss another recipe or travel post—sign up for my free subscription below!
I promise never to sell or share your info.

Comments & Reviews

Comments Reviews

8 Responses

David Scott Allen says:

December 22, 2019 at 4:38 pm

I wish we were hosting Christmas Eve! I would definitely make this! But I may make it for Boxing Day. I have a local source for Sicilian datterini that will work nicely until we find out where to source your pomodorini!

REPLY

Christina says:

December 22, 2019 at 7:19 pm

Sounds wonderful, David. I will update when I find out!

REPLY

Peggy Woods says:

December 22, 2019 at 1:06 pm

This recipe sounds easy to make and delicious. I will pin it to my fish board and plan to try it soon. I'll also take a look and see if I can locate that brand of canned tomatoes. Thanks, Christina! Happy holidays to you!

REPLY

Cathy says:

December 22, 2019 at 8:30 am

Looks like a great dish for any day of the week.

REPLY

A_Boleyn says:

December 22, 2019 at 8:14 am

Sounds like a great idea for Christmas eve dinner.

REPLY

Christina Joe says:

December 22, 2019 at 6:42 am

I'm currently on the hunt out for cool Christmas recipes that everyone in my family can enjoy and this right here is in my top 10. The saucy nature will make it a great soup substitute and appetizer. Better to make everything at home rather than get home delivered food; it adds to the fun and togetherness I believe.

REPLY

Mimi says:

December 22, 2019 at 6:02 am