

# Carolina Fish Steak

prep time  
15 min

cook time  
10 min.

serves  
4

## things you need

2 large Tomatoes

Cored and sliced into 1/4" thick slices.

1 small onion

Chopped

1 1/2 tablespoon Rack Shack  
Carolina Vinegar Sauce

1 tablespoon olive oil

2 tablespoon capers (drained)

1 tablespoon Rack Shack #17

1/4 cups cheese, crum-  
bled feta or crumbled  
blue

2 Baking Potatoes

Trimmed and thinly sliced

4 fillet(s) white fish, firm  
flesh

(4 ounces each)

1/4 teaspoon lemon-  
pepper seasoning

salt free

# here's how

Set the best 4 tomato slices aside. Chop the remaining tomatoes into small cubes. Place the tomato cubes into a bowl and add the onion, capers, vinegar, olive oil and crumbled cheese. Stir to mix.

Place the oven rack in the upper position and preheat broiler to high. Line two rimmed baking sheets with aluminum foil and spray with cooking spray. Place the potato rounds in a single layer on one baking sheet, spray the top side with cooking spray and sprinkle 1/2 of the #17 rub on top of the potatoes. Place fish fillets on the other sheet. Spray the top sides with cooking spray.

Place the potato under the broiler for about 2 minutes. Turn, spray with more cooking spray and season with the other half of #17. Broil for another 2 minutes and move the baking sheet to the bottom of the oven to keep warm.

Place the fish fillets under the broiler for about 3 minutes. Turn and continue broiling until the fillets spring back to light pressure, about 3 to 6 minutes. Cooking time will depend on the thickness of the fillets. Season with the lemon pepper.

Place 1 tomato slice on each of four plates. Arrange potato in an overlapping circle on top of the tomatoes. Place a fish fillet on the potato and top with the diced tomato mixture.

Serving size: 1 fillet with vegetables