

Mediterranean Seafood Skillet

A delicious and healthy Italian-inspired dish featuring a medley of fish, shrimp, peppers, and tomatoes cooked in a creamy yogurt sauce.



Main Dish

Italian

20 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- Ingredients for 1 person:
- 150g white fish fillet
- 100g shrimp
- 1/2 bell pepper, sliced
- 1/2 tomato, diced
- 2 tbsp plain yogurt
- Salt and pepper to taste

Steps

- 1 Season the fish fillet and shrimp with salt and pepper.
- 2 In a skillet, sauté the bell pepper until slightly tender.
- 3 Add the fish fillet and shrimp, cook until seafood is almost done.
- 4 Stir in diced tomatoes and yogurt, cook for another 2-3 minutes.
- 5 Adjust seasoning if needed. Serve hot.