

Mediterranean Roast Fish & Vegetables

Ingredients

1 1/2 lb thick white fish (haddock, Boston blue, halibut)	4 tbsp olive oil, divided use
2 medium zucchini, cut into wedges	1 sm garlic clove, crushed
2 medium red onions, cut into wedges	1 tbsp lemon juice
3 medium tomatoes, cut into wedges	1 tbsp Dijon mustard
1/4 cup pitted kalamata olives	1/2 cup roughly chopped flat leaf parsley

Directions

Preheat the oven to 425° F. Toss the zucchini, onion, tomato and olives with 1 tbsp of the oil in a baking dish; season with salt and fresh cracked pepper. Place in the oven and bake for 25-30 minutes until tender and beginning to caramelize at edges.

Place fish on flat surface and brush another tbsp of oil over fish and sprinkle with salt and pepper. Open the oven door and place fish fillets on top of vegetables. Cook about 8-10 minutes or until fish is done.

Whisk together garlic, lemon juice, mustard and remaining oil to make a dressing. Transfer the fish & vegetables to dinner plates and drizzle with the dressing and scatter with chopped parsley.

Get Fresh

Reading, PA

610-670-2500

adelphiaseafood.com

