

Mediterranean Baked Fish



For the Fish:

4 fillets of white fish (such as cod, tilapia, or sea bass)
2 Tbls. olive oil
1 lemon, thinly sliced
Salt and black pepper to taste

Mediterranean Marinade:

2 cloves garlic, minced
1 tsp. dried oregano
1 tsp. dried thyme
1 tsp. dried rosemary
1/2 tsp. paprika
2 Tbls. fresh lemon juice
2 Tbls. olive oil
Salt and black pepper to taste

Vegetable Bed:

1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 red onion, sliced
1 cup cherry tomatoes
1/2 cup Kalamata olives, pitted
2 Tbls. fresh parsley, chopped
Salt and black pepper to taste

Step 1: Prepare the Mediterranean Marinade

In a bowl, combine the minced garlic, dried oregano, dried thyme, dried rosemary, paprika, fresh lemon juice, and olive oil. Season with salt and black pepper. Mix well to create a flavorful marinade.

Step 2: Marinate the Fish

1. Place the fish fillets in a shallow dish.
2. Pour the Mediterranean marinade over the fish, making sure to coat them evenly.
3. Cover and refrigerate for at least 30 minutes to allow the flavors to infuse.

Step 3: Preheat the Oven

1. Preheat your oven to 375°F

Step 4: Prepare the Vegetable Bed

1. In a large baking dish, arrange the sliced red and yellow bell peppers, red onion, cherry tomatoes, and Kalamata olives.
2. Drizzle with a bit of olive oil and season with salt and black pepper. Toss to combine.
3. Place lemon slices on top of the vegetables.

Step 5: Bake the Fish

1. Remove the marinated fish fillets from the refrigerator and place them on top of the vegetable bed.
2. Drizzle a bit more olive oil over the fish.
3. Bake in the preheated oven for about 20-25 minutes, or until the fish is cooked through and flakes easily with a fork.

Step 6: Garnish and Serve

1. Once out of the oven, garnish with fresh chopped parsley.
2. Serve your hot Mediterranean Baked Fish, with rice, couscous, or crusty bread to soak up the delicious juices.