

Baked White Fish ~ Mediterranean Style (Heather Rix)



Ingredients

- 1 ½ Lbs. White Fish Fillet (Haddock, Halibut or Cod - 1 - 1 ½" Thickness)
- Kosher Salt & Black Pepper
- Extra Virgin Olive Oil
- Juice of ½ Lemon
- 8oz. Cherry Tomatoes ~ Halved
- 3oz. Pitted Olives ~ Halved (Combination of Kalamata & Green Olives)
- 3 Tbsp. Minced Red Onion
- 4-5 Garlic Cloves, Minced
- 1 Tbsp. Fresh Thyme Leaves
- 2 Tbsp. Dried Oregano

Method

1. Heat oven to 425° F
2. Pat fish dry and season with Salt & Pepper on both sides.
3. Brush 9 ½ x 13" baking dish w/ olive oil and lay out fish.
4. Squeeze ½ lemon juice all over the top of the fish.
5. In a medium mixing bowl, combine tomatoes, olives, onions, garlic and herbs, add a small amount of salt & pepper.
6. Add a generous drizzle - about 3 Tbsp. of extra virgin oil - toss to combine.
7. Pour the tomato and olive mixture over the fish.
8. Bake in the heated oven for 15 - 20 minutes - it will depend on the thickness of your fish.
9. Remove from heat and serve.