

## One-Pan Roasted White Fish with Cherry Tomatoes & Shallots

Version 1

Serves: 2

Small gratin or roasting dish, about 18 × 25 cm.



### Ingredients

- 200 g cherry tomatoes, halved
- 60 g shallot, thinly sliced (about 1 large)
- 2 tsp / 6 g garlic, finely minced
- 1½ T / 20 g olive oil
- 1½ tsp / 7 ml sherry vinegar or red wine vinegar
- ½ tsp / 4 g honey
- ¾ tsp / 4.5 g kosher salt (or salt + MSG blend)
- ¼ tsp / 0.6 g black pepper
- ½ tsp / 3 g Dijon mustard
- 2 fillets (140–160 g each) mild white fish, skin-on (cod, haddock, halibut)
- 1 tsp / 2 g lemon zest
- 1 T fresh basil, finely chopped
- 1 T fresh mint, finely chopped
- ¼ tsp dried thyme or oregano (optional)
- ¼ tsp or mild chili flakes (optional)

### Instructions

1. Preheat oven to **200°C**.
2. Add the **tomatoes, shallots**, and **garlic** to the baking dish.
3. In a small bowl, whisk together the **olive oil, vinegar, honey, salt, pepper**, and **Dijon** (if using).
4. Pour over the vegetables and toss to coat evenly. Sprinkle with **dried herbs** if using.
5. Roast uncovered for **15 minutes**, until tomatoes collapse and release juices.
6. Pat **fish** dry, brush lightly with **olive oil**, and season with **salt** and **pepper**.
7. Push vegetables to sides and place fish skin-side down in center.
8. **Roast 10–12 minutes** until fish flakes easily.
9. Sprinkle with **lemon zest, basil, mint**, and **mild chili flakes** if using.
10. Spoon tomato juices over fish and serve immediately.

### Fresh to Dried Herb Equivalents

- 1 T fresh basil = 1 tsp dried basil
- 1 T fresh mint = ¾ tsp dried mint
- 1 tsp fresh thyme or oregano = ¼ tsp dried

### **Suggested Side Dishes**

Roasted sliced potatoes (300 g, olive oil, salt, pepper, dried rosemary), roasted at 200°C for 25–30 minutes (separate oven tray).

Steamed green beans or broccoli with lemon and olive oil.

Crusty bread for soaking up juices.

### **Nutrition (per serving)**

Kcal: ~420 | Protein: ~40 g | Fat: ~22 g | Sat. Fat: ~3 g | Carbs: ~16 g | Sugars: ~9 g | Fiber: ~3 g | Sodium: ~520 mg | Omega-3: ~0.6 g

# One-Pan Roasted White Fish with Cherry Tomatoes, Shallots

Version 2: *With Crispy Potatoes*

Serves: 2

Medium shallow roasting or gratin dish, about 22 × 30 cm.

## Ingredients

- 300 g waxy potatoes, thinly sliced (4–5 mm)
- 200 g cherry tomatoes, halved
- 60 g shallot, thinly sliced (about 1 large)
- 2 tsp / 6 g garlic, finely minced
- 2½ T / 34 g olive oil, divided
- 1½ tsp / 7 ml sherry vinegar or red wine vinegar
- ½ tsp / 4 g honey
- ¾ tsp / 4.5 g kosher salt (or salt + MSG blend)
- ¼ tsp / 0.6 g black pepper
- ½ tsp / 3 g Dijon mustard (optional)
- ¼ tsp dried rosemary (for potatoes)
- ¼ tsp dried thyme or oregano (optional, for tomatoes)
- 2 fillets (140–160 g each) mild white fish, skin-on (cod, haddock, halibut)
- 1 tsp / 2 g lemon zest
- 1 T fresh basil, finely chopped
- 1 T fresh mint, finely chopped
- ¼ tsp Aleppo pepper or mild chili flakes (optional)

## Crisper Potato Strategy (Do Not Skip)

- Rinse sliced potatoes briefly under cold water to remove surface starch.
- Drain well and pat thoroughly dry with a towel.
- Toss with **olive oil**, **rosemary**, and a light pinch of **salt** only.
- Spread in a single layer; avoid overlapping.

## Instructions

1. Preheat oven to **210°C**.
2. Add prepared **potatoes** to the baking dish. Toss with **1½ T olive oil**, **rosemary**, **salt**, and **pepper**.
3. Roast potatoes uncovered for **20 minutes**, turning once halfway, until edges begin to brown.
4. Reduce oven temperature to **200°C**.
5. Add **tomatoes**, **shallots**, and **garlic** to the dish with the potatoes.
6. In a small bowl, whisk together remaining **olive oil**, **vinegar**, **honey**, **salt**, **pepper**, and **Dijon** (if using).
7. Pour over vegetables and toss gently to coat. Sprinkle with **dried thyme** or **oregano** if using.
8. **Roast for an additional 15 minutes**, until tomatoes collapse and potatoes are nearly tender.

9. Pat **fish** dry, brush lightly with **olive oil**, and season lightly with **salt** and **pepper**.
10. Push vegetables to the sides and place fish fillets skin-side down in the center.
11. **Roast 10–12 minutes** until fish flakes easily and potatoes are fully crisp-tender.
12. Sprinkle with **lemon zest, basil, mint,** and **mild chili flakes** if using.
13. Spoon pan juices over fish and serve immediately.

### **Fresh to Dried Herb Equivalent**

- 1 T fresh basil = 1 tsp dried basil
- 1 T fresh mint =  $\frac{3}{4}$  tsp dried mint
- 1 tsp fresh thyme or oregano =  $\frac{1}{4}$  tsp dried
- 1 tsp fresh rosemary =  $\frac{1}{4}$  tsp dried

### **Nutrition (per serving)**

Kcal: ~540 | Protein: ~40 g | Fat: ~28 g | Sat. Fat: ~3 g | Carbs: ~34 g | Sugars: ~10 g | Fiber: ~5 g | Sodium: ~640 mg | Omega-3: ~0.6 g