



One Pan Fish Dish

Recipe courtesy of Michael-Ann Rowe
on behalf of the Seafood Nutrition Partnership

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 1/8 cup canola oil
- 1/4 cup cherry tomatoes, halved
- 1 medium onion, quartered
- 2 cups broccoli florets
- 1 lemon, half sliced and half juiced, divided
- kosher salt, to taste
- freshly ground pepper, to taste
- 1 pound white fish (such as snapper, grouper, flounder or barramundi)
- 4 tablespoons olive oil
- fresh rosemary sprigs (optional)

In pan over medium heat, heat canola oil about 1 minute.

Add tomatoes, onions and broccoli to pan; cook 5 minutes, uncovered.

Drizzle lemon juice over vegetables and season with salt and pepper, to taste.

Place fish on top of vegetables in center of pan and place two lemon slices on top of fish. Sprinkle with salt and pepper, to taste. Cover pan and cook on medium heat 10-12 minutes depending on thickness of fish.

Drizzle olive oil over fish and top with rosemary, if desired, before serving.

Source: Seafood Nutrition Partnership
<https://www.seafoodnutrition.org/>