

Roasted Tomato & Fish One Pan Dinner

By Alessandra Ciuffo

Ingredients:

- 1 pint cherry tomatoes, halved
- 1 large shallot, thinly sliced
- 3 tbsp olive oil (plus extra for brushing)
- 1 tbsp balsamic vinegar
- Salt & pepper (to taste)
- 4 thick-cut, skin-on white fish fillets (Chilean seabass, cod, halibut, or similar)
- Lemon zest
- Fresh mint, thinly sliced

Steps:

- 1) Preheat your oven to 400°F. Add the halved tomatoes and sliced shallot to a 12-inch oven-safe pan or baking dish. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper. Toss to coat. Roast for 15 minutes, or until the tomatoes start to burst.
- 2) While the tomatoes roast, pat dry the fish fillets. Season both sides with salt and pepper.
- 3) Remove the pan from the oven once the tomatoes have burst. Make space for the fish in the pan and place the fillets directly into the dish. Return to the oven and bake for 10 minutes, or until the fish is firm and flakes easily with a fork (1–1.5-inch thick fillets typically take about 10 minutes).
- 4) Spoon the roasted tomatoes, shallots, and pan juices over each fish fillet. Top with fresh lemon zest and mint.
- 5) Serve immediately and enjoy!!