



Roasted Fish with Potatoes & Onions

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INGREDIENTS:

3 TBS Coconut Oil
6 small Red Bliss Potatoes, thinly sliced
1/2 onion, thinly sliced
1 tsp. minced garlic
1 1/2 tsp. Thyme
1 1/2 tsp. Rosemary
Salt and Pepper
Fish - I used Hake, but any firm white fish will do
Lemon - sliced very thin
1/2 cup of dry white wine
1/2 cup of clam juice
1 small can of organic diced tomatoes
6 - 8 Kalamata olives, sliced
Broccoli - as much as you want to eat! The more the better. ♥

DIRECTIONS:

Preheat oven to 400°.

In a oven ready heavy saute pan, melt coconut oil, and then add in your potatoes. Cover with a lid and cook on Med-High for about 10 minutes.

Add in onion, garlic, herbs, and salt and pepper. Cover again, and cook for an additional 5 minutes.

Add in tomatoes, wine, clam juice, and olives, and allow it to simmer for about 5 minutes.

Prep fish by rinsing with cold water. Pat dry. Season with salt and pepper, and place lemon slices atop fish.

Place the fish on top of the vegetables. Add in your broccoli florets. Cover with the lid. Place in the oven and cook for 8 - 10 minutes depending on the thickness of your fish.

To serve:

Remove fish from vegetables - as you want them on the plate first. Once you get them arranged as you like, place the fish on top, and serve.