

Roast Fish and Veggies

Ingredients

1-2 fish fillets, washed, dried, and at room temperature

1 tsp good quality olive oil

1 tsp organic butter

Salt and pepper to taste

1-2 sweet potatoes, peeled and cut into ½" cubes

1 tsp good quality olive oil

Salt and pepper to taste

1 small head of broccoli and/or cauliflower, cut into florets

1-2 red or yellow bell peppers, quartered, cored and tops removed

1-2 carrots, peeled and cut into circles or quarters

Preparation

1. Rub fish filets with a thin layer of olive oil and dust with salt/pepper on both sides
2. Place fish in a baking dish lined with parchment paper and top each fillet with small pieces of butter
3. Send into the oven, preheated to 375F, for 12-14 minutes
4. Place sweet potatoes into a large mixing bowl. Add olive oil and salt/pepper. Mix well with your hands until well coated.
5. Transfer potatoes to a baking dish lined with parchment paper and send to a preheated oven (375F) for 15-20 minutes
6. Place broccoli/cauliflower, peppers, and carrots into the mixing bowl you used for the sweet potatoes. Add a bit more olive oil if needed as well as salt/pepper. Mix well with your hands until well coated.
7. Transfer the vegetables to a baking dish lined with parchment paper and send to a preheated oven (375F) for 15-20 minutes
8. After 15 minutes in the oven, test vegetables for doneness. Allow to cook a few extra minutes if needed.

Notes

I like using a mild, simple fish like barramundi for this recipe.

Some vegetables need to cook longer than others. You may need to remove the faster-cooking vegetables first and allow the others to finish roasting.