

Flaky White Fish & Roasted Root Veggies

Prep: 20 minutes

Cook: 45 minutes

Yield: 4 servings

Fresh
HARVEST KIT



Adapted from- Good and Cheap: Eat Well on \$4/Day—Leanne Brown

2 medium potatoes
2 carrots
2 beets
1 pound white fish fillet
vegetable or olive oil
spices or herbs
salt & pepper

Optional

There are many options of spices and herbs to season fish. Use the provided spice packet, create your own, or try:

1 teaspoon salt, 1/2 teaspoon black pepper, 1 teaspoon cayenne pepper, 1 teaspoon ground cumin, 1/2 teaspoon garlic powder, 1/2 teaspoon dried oregano

1/2 of a lime or lemon

2 teaspoons garlic



1. Preheat oven to 425 degrees.
2. Cut "root vegetables" into 1 inch chunks and place on a baking sheet with oil & salt to taste.
3. Roast for 30-45 minutes or until vegetables are soft, stirring halfway through to promote even cooking. Add diced garlic after 20 minutes for added flavor if using.
4. While veggies are roasting, coat another baking sheet or oven safe baking dish with oil for the fish.
5. Cut fish into 4 even pieces.
6. In a small bowl, mix together your spices or use your spice packet and sprinkle over the fish. Sprinkle over both sides of the fish and massage gently with a utensil or your fingers until the fish is covered. Be sure to wash your hands after if using your fingers.
7. Place the fish on the prepared baking pan. If your fish has skin on it, make sure it is skin-side up so it will get crispy. Place baking pan with fish in the oven when the vegetables have about 15 minutes left.
8. Bake fish 7 minutes. Baking times may vary based on the thickness of the fish. To check if it is done insert a butter knife into the thickest part. If it goes through easily and the fish flakes apart, then it is done. If the knife meets resistance and the fish stays together, put the fillets back in the oven checking again in a few minutes.
9. Remove from oven and squeeze with lime or lemon if using.

Chef's Notes: To defrost frozen fish, leave to thaw in refrigerator 12-24 hours. Only make one "layer" of vegetables or they will "steam" instead of roast" and become soggy, You can roast any combination of root vegetables, this is a great way to highlight what is in season!