

Easy Mediterranean Fish Bake

Serves: 1

Prep time: 15 Minutes

Cooking time: 20 Minutes

Ingredients:

- 10 cherry tomatoes, halved
- ½ red onion, sliced
- 2 cloves garlic, grated
- ¼ cup croutons
- 120-150g white fish fillets, cut into bite size pieces
- 6 pitted Kalamata olives, roughly chopped
- 35g feta, broken into chunks
- 1 tablespoon pine nuts

Garnish

- sprigs of dill
- extra pine nuts

Mediterranean Vinaigrette

- 2 tablespoons olive oil
- ½ tablespoon finely chopped fresh oregano
- 1½ tablespoons chopped fresh parsley
- ½ tablespoon fresh dill
- 1 teaspoon red wine vinegar
- 1 teaspoon lemon zest
- pinch brown sugar
- pinch chilli flakes
- salt and pepper to taste

Method:

Preheat oven 180°

- Combine the vinaigrette ingredients in a small jug, stir well
- Place tomatoes, onions and garlic onto a roasting tray, Pour over the vinaigrette mixture and gently toss to combine. Bake in preheated oven for 15 minutes
- **Meanwhile**, line the base of a small casserole dish with the fish pieces
- Scatter the olives, crumbled feta and croutons evenly over the fish
- Gently pour the roasted tomato and onion mixture over the top of the fish, Bake for 5 minutes
- **Garnish** with a sprinkle of extra pine nuts and sprigs of dill
- **Serve and Enjoy!**



*Put this dish on your to-do list,
It is rich in flavour & so delicious,
Enjoy!*