






Italian Fish Tray Bake

A delicious and healthy quick tray bake with lots of veg, fresh fish and a flavoursome Italian herb dressing. Served with ciabatta.

 TOTAL TIME: 20 mins
 LEVEL: Easy
 YIELD: 4 servings

Ingredients

1 red onion, rings
2 zucchinis, ribbons
1/4 C kalamata olives
250g cherry tomatoes
250g green beans
2 Tbsp olive oil
2 Tbsp Italian herb stir in paste
2 garlic cloves, minced
500g white fish fillets
salt + pepper
handful basil

ciabatta

Directions

1. Preheat oven to 200°C.
2. Mix together olive oil, herb paste and garlic cloves in a small bowl.
3. Prepare vegetables and place in a large casserole dish with olives. Pour over the herb dressing and toss so everything is coated. Top with fish fillets and season everything generously. Bake in the oven for 10 - 15 minutes until fish is just done. Serve with fresh basil leaves and buttered ciabatta.

Note: To make this dish gluten-free, serve with gluten-free bread or quinoa.