

One-Dish Rockfish



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35 min

CA

OR

WA

2

Ingredients

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5 cups hardy greens (spinach, kale, chard)

2 6-oz rockfish* fillets, or one larger fillet to split

10 cherry tomatoes, halved

½ cup vegetable broth

2 tablespoons dill, minced

¼ teaspoon garlic powder

½ teaspoon lemon pepper

¼ teaspoon onion powder

Salt and pepper

Lemon rounds

¼ onion, thickly sliced

1 teaspoon butter

*Another mild white fish like lingcod, sheephead, or cod can be substituted for rockfish

Preheat the oven to 400 degrees.

Layer the greens on the bottom of a 2-quart baking dish and lay rockfish on top. Scatter the tomatoes around the fish. Pour the broth into the dish.

Sprinkle the dill, spices, salt and pepper over the fillet. Place a couple lemon rounds, the onion, and butter on the fish. Cover the entire dish with aluminum foil.

Bake until the fish flakes easily, 20–25 minutes.

Recipe and photo courtesy of Abby Rogerson at Washington Sea Grant.

Species Group

Rockfish, Cod, Lingcod, Sheepshead