



Noreen's Kitchen

Roasted Vegetable & Tilapia

Sheet Pan Dinner

Ingredients

2 pounds Tilapia or other white fish filets	1/4 cup plus 2 tablespoons olive oil
1 pound white Dutch baby potatoes	Juice of 2 lemons
1 pound red grape tomatoes	1 1/2 teaspoons seafood or fish seasoning
1 pound orange or yellow grape tomatoes	1 1/2 teaspoons lemon and herb seasoning
1 pound fresh asparagus spears	

Step by Step Instructions

Preheat oven to 375 degrees.

Wash all the vegetables with cool water and drain.

Cut the potatoes in half and cut the asparagus into one inch lengths removing the woody ends.

Place the tomatoes, potatoes and asparagus into a large bowl and mix together.

Pour over 1/4 cup of olive oil and the juice of one lemon and 1 teaspoon each of the seafood or fish seasoning and the lemon and herb seasoning. Using your hands, blend this together to coat and combine evenly.

Pour vegetables onto a sheet pan that has been lined with aluminum foil.

Bake for 20 to 25 minutes or until the potatoes are browned and fork tender and the tomatoes are nicely roasted.

Prepare the fish filets, by placing them into a bowl and pouring over the remaining olive oil and the juice of one lemon. Add the remaining seasonings and gently toss to coat evenly.

Remove the vegetables from the oven when they are ready and place the fish filets on top in an even manner.

Return to oven and bake for 10 minutes or until the fish is flaky and opaque. Depending on the type of fish you have chosen this will take more or less time than I have indicated here.

Remove from oven and allow to rest for 5 minutes before serving.

