

One-Pan Mediterranean Fish with Lemon, Tomatoes, and Herbs

The Best Mediterranean Baked Fish ?



OVEN
400°F

TIME
30 min

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INGREDIENTS

1 lb (450g) white fish (like tilapia, cod, or halibut - boneless and skinless)
2 tbsp olive oil
½ tsp salt
... tsp black pepper
... cup chopped red onion
2 cloves garlic, minced
... cup chopped fresh parsley
2 Roma tomatoes, thinly sliced
1 lemon, thinly sliced

DIRECTIONS

- 1.** Preheat the Oven: Set your oven to 400°F (200°C). Lightly grease a baking dish.
- 2.** Sear the Fish: Season both sides of your fish with salt and pepper. Heat the olive oil in a large skillet over medium heat. Sear the fish for 2-3 minutes on each side until golden. This step locks in flavor and texture.
- 3.** Assemble in the Baking Dish: Transfer the fish to the baking dish. Scatter chopped red onion, garlic, parsley, tomato slices, and lemon rounds over the top.
- 4.** Bake It: Place the dish in the oven and bake for 15-20 minutes, depending on the thickness of your fish. It's done when the flesh flakes easily with a fork.
- 5.** Serve and Enjoy: Serve immediately while hot, spooning some of the pan juices over each piece for added flavor.

SWAPS & NOTES

and Swaps Fish : Use any firm, flaky white fish.

Cod and halibut are rich and satisfying, while tilapia offers a lighter touch.

Herbs : Parsley is classic, but fresh dill or basil adds great flavor too.

Tomatoes : Cherry tomatoes cut in half can be used in place of Roma slices.

TIPS FOR SUCCESS

Don't Overcook : Check the fish a few minutes before the timer.

Overcooked fish can dry out quickly.

Use Fresh Ingredients : Fresh herbs, ripe tomatoes, and real lemon juice give this dish its signature brightness.

Prep Ahead : Chop all your toppings while the oven preheats so everything's ready to layer and bake fast.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/one-pan-mediterranean-fish-with-lemon-tomatoes-and-herbs/>