

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

Mediterranean Baked Fish ??



OVEN
400°F

TIME
20 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Fish:

4 white fish fillets (cod, halibut, or sea bass)

2 tbsp olive oil

2 cloves garlic, minced

1 tsp dried oregano

1 tsp paprika

¼ tsp red pepper flakes (optional)

Salt and black pepper, to taste

For the Vegetables:

1 zucchini, sliced

1 red onion, thinly sliced

1 cup cherry tomatoes, halved

¼ cup kalamata olives (optional)

1 small lemon, thinly sliced

For the Sauce:

3 tbsp olive oil

Juice of 1 lemon

¼ tsp Dijon mustard

¼ tsp honey

¼ tsp salt

... tsp black pepper

For Garnish:

Fresh dill or parsley, chopped

Lemon wedges for serving

Instructions ???:

1 Preheat & Prep:

2 Season the Fish:

3 Assemble the Dish:

4 Make the Sauce:

5 Bake:

6 Serve & Garnish:

Pro Tips for Perfect Baked Fish:

Use Fresh Fish: Fresh fillets offer better flavor and texture than frozen.

Don't Overbake: Check the fish at 18 minutes-white fish cooks quickly.

Customize the Veggies: Bell peppers, asparagus, or artichokes work well too.

DIRECTIONS

1. Preheat & Prep: Preheat your oven to 400°F (200°C). Lightly grease a large baking dish or sheet pan with olive oil.
2. Season the Fish: Pat the fish dry with paper towels. Rub each fillet with olive oil, garlic, oregano, paprika, red pepper flakes, salt, and pepper.
3. Assemble the Dish: Spread the zucchini, red onion, cherry tomatoes, and olives in the baking dish. Nestle the seasoned fish among the veggies. Top each fish fillet with thin lemon slices.
4. Make the Sauce: In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, honey, salt, and pepper. Drizzle evenly over the entire dish.
5. Bake: Bake uncovered for 18-20 minutes, or until the fish flakes easily with a fork and the vegetables are tender and slightly caramelized.
6. Serve & Garnish: Remove from the oven and sprinkle with fresh parsley or dill. Serve with lemon wedges and your favorite Mediterranean side.
7. Pro Tips for Perfect Baked Fish: Use Fresh Fish: Fresh fillets offer better flavor and texture than frozen.
8. Don't Overbake: Check the fish at 18 minutes-white fish cooks quickly.
9. Customize the : Veggies: Bell peppers, asparagus, or artichokes work well too.
10. Use a : Sheet Pan: For a more even roast and extra space, try this as a full sheet pan dinner.
11. Storage & Reheating Tips: Fridge: Store leftovers in an airtight container for up to 2 days.
12. Reheat: Gently warm in a 300°F oven until just heated through to avoid drying out the fish.

13. Freezing: Not recommended-the vegetables can become mushy upon thawing.
14. Serving Suggestions & Pairings: Pair this Mediterranean baked fish with:
15. Blueberry : Lemonade - bright and citrusy
16. Tomato : Skillet with Okra and Sausage - for a Southern-Med fusion meal
17. Easy : Turkey Wings - if you're feeding a crowd
18. Dorito : Casserole - for a fun, comfort-style contrast
19. More Recipes You'll Love: Looking for more weeknight favorites and easy dinners? Try these:
20. Sheet : Pan Quesadillas - quick, cheesy, and satisfying
21. Tomato : Skillet with Okra and Sausage - bold and flavor-packed
22. Easy : Turkey Wings - rich and cozy
23. Final Thoughts: This Mediterranean Baked Fish is everything a great dinner should be: easy, healthy, flavorful, and beautiful on the plate. Whether you're new to cooking fish or a seasoned seafood lover, this recipe brings out the best of the Mediterranean with minimal fuss and maximum flavor.

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

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