

One-Dish Rockfish

Ingredients

- 2 (6 ounce) fillets rockfish
- 5 cups fresh spinach
- 2 slices lemon slices
- 2 slices onion slices
- 2 tablespoons minced fresh dill
- 10 cherry tomatoes, halved
- 1/2 cup vegetable broth
- 1/4 teaspoon garlic powder
- 1/2 teaspoon lemon pepper
- 1/4 teaspoon onion powder
- salt and ground black pepper to taste
- 1 teaspoon butter

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Layer the spinach in the bottom of a 2 quart baking dish. Lay the rockfish atop the spinach. Scatter the tomatoes around the fish. Pour the broth into the dish. Season the fillet with the dill, garlic powder, lemon pepper, onion powder, salt, and pepper. Place the lemon, onion, and butter on the rockfish. Cover the entire dish with aluminum foil.
3. Bake in preheated oven until the fish flakes easily, 20 to 25 minutes.

Notes

I've used this recipe with rockfish, ling cod, and striped bass and it works out nicely for any of these.