

Roasted Fish Catalan with Roasted Broccoli

Ingredients

Fish

- 1 large red onion
- 4 cloves garlic
- 1 tablespoon extra virgin olive oil
- 1 pound thick-cut, firm fleshed fish (wild halibut, mahi-mahi)
- Sea salt and ground pepper
- 1 14-oz can whole tomatoes
- ¼ cup kalamata black olives, pitted
- ½ teaspoon dried oregano
- Zest of ½ orange

Broccoli

- 2 bunches broccoli florets
- 1 clove garlic
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon sea salt

Method

1. Preheat oven to 450 degrees. For the fish, you will need a skillet that can be used in the oven or you will transfer the tomato mixture to an oven safe dish.
2. Prepare the broccoli first. Mince garlic. Cut broccoli into bite sized florets. Toss in a large bowl with minced garlic, salt and oil. Place broccoli in a baking tray in a single layer. Roast in oven while you prepare the fish. Broccoli will be done in 20 minutes.
3. Dice onion and mince garlic. Place in a skillet with olive oil. Let onion and garlic sizzle for about 1 minute.
4. Drain and coarsely chop the tomatoes and olives. Add to the skillet.
5. Nestle fish fillets into the onion/tomato mixture to bake, or place fish in an oven safe dish and cover with the tomato sauce.
6. Bake for 15 minutes.
7. Serve fish with sauce over the top and roasted broccoli.