

ROASTED FISH WITH LEMON AND HERBS

Fish is the original fast food. I like to cook it in bigger pieces because it looks more festive and also stays juicier but cut into individual servings is fine too. I often use Arctic char when it is available as it is milder than salmon but both are great in this recipe. Thick white fleshed fish like halibut or cod work well too. This recipe is also delicious at room temperature. Leftovers can be made into a salad, a spread or fish cakes.

Chicken Breast Version: Make this with bone-in, skin-on chicken breasts - roast at 425F for 35 to 40 minutes. You can use broccoli with the stems because of the longer cooking time. For boneless, skinless chicken breasts, roast at 400F for about 20 to 25 minutes. In either case use a meat thermometer - when inserted into the thickest part it should reach 175F.

Cauliflower Steak Vegetarian/Vegan Version: Slice cauliflower across the stem into 1" steaks. (When slicing it, don't discard all the edges etc that do not slice perfectly – just roast them with the 'steaks'.) Roast at 425F for 35 to 45 minutes or until browned and tender.

Ingredients

1 1/2 to 2 lbs boneless, skinless Arctic char or salmon fillets, whole or in 4 pieces

3 to 4 tbsp extra virgin olive oil

Grated peel of 1/2 lemon

1 tsp kosher salt

freshly ground black pepper

1 lemon sliced

sprigs of fresh thyme and rosemary (or dill and oregano)

2 cups each cherry tomatoes and broccoli tops

to serve:

more fresh herbs

Method

1. Arrange fish on a sheet pan lined with parchment paper. Drizzle with 2 tbsp olive oil and sprinkle with grated lemon peel, salt and pepper. Turn fish over a few times to coat with oil. Flesh side should be up. Scatter thyme and rosemary sprigs on top of fish. Arrange lemon slices around or on fish. Toss cherry tomatoes and broccoli tops with remaining olive oil and some salt. Arrange around fish. Refrigerate if not cooking right away.
2. Preheat oven to 425F. Cook fish 10 to 14 minutes or longer (especially if fish is cold or thick) until fish is just cooked through. Press fish with the back of a fork and if it flakes it is cooked. Arctic char (about 1/2" thick) will cook faster than salmon (about 3/4 to 1" thick) but both will be fast. Tomatoes and broccoli should be just cooked.
3. Discard dried sprigs of herbs and replace them with fresh sprigs. Arrange roasted lemon slices on top and vegetables around.

Makes 4 servings