



Baked White Fish & Roasted Potatoes

U.S.

For the Potatoes:

1 lb	Red Bliss Potatoes, washed	454 g
1 Tbsp	Olive Oil	15 mL
1 Tbsp	Tomato Paste	16 g
2 tsp	Smoked Paprika	4.5 g
4 cloves	Garlic, minced	4 cloves
1/4 tsp	Salt, Kosher	1.5 g
1/8 tsp	Black Pepper, ground	0.3 g
1 Tbsp	Lemon Juice	15 mL
1/4 cup	Parsley, fresh, chopped	14 g

For the Fish:

1 lb	White Fish Filets	454 g
1/2 Tbsp	Olive Oil	8 mL
1/2 tsp	Salt, Kosher	3 g
1/4 tsp	Black Pepper, ground	0.6 g

Preparation:

For the Roasted Potatoes:

1. Gather all ingredients and equipment.
2. Preheat the oven to 400°F (200°C).
3. Slice or dice the potatoes so that they are uniform in size (the smaller they are cut, the faster they will cook).
4. Whisk the olive oil, tomato paste, paprika, garlic, salt and pepper in a large bowl. Add potatoes to the bowl and coat thoroughly with the tomato mixture.
5. Spread the potatoes on parchment lined sheet pans, and bake in the oven for 30-45 minutes or until the potatoes are tender and golden brown (turn half way through the cooking time).
6. Remove and toss in the lemon juice and parsley.

For the Baked White Fish:

1. While potatoes are roasting, place the fish on a sheet pan, skin side down. Drizzle with olive oil and season each side with salt and pepper.
2. Place the sheet pan in the oven and cook for 8-12 minutes (depending on the thickness of the fish) or until the fish flakes easily. Remove from the sheet pan and serve. (Internal temp should reach 145°F)

****Nutrition Facts on Reverse**

9/2/20

Nutrition Facts

4 Servings

Serving size **4 oz fish and 4 oz potatoes**

Amount per serving

Calories **270**

Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	50 mg
Sodium	540 mg
Total Carbohydrate	30 g
Dietary Fiber	3 g
Total Sugars	3 g
Includes 0g Added Sugars	
Protein	24 g
Vitamin D	5 %
Calcium	4 %
Iron	12 %
Potassium	1300 mg
Phosphorus	345 mg
