

RECIPE | TOMATOES



# HONEY MUSTARD ROASTED WHITE FISH



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**40 min**

**15 min** | **25 min**  
PREP. | COOKING



**2**



**easy**

## INGREDIENTS

- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, whole
- 1 orange** Pure Flavor® Sweet Bell Pepper, cubed
- 1 yellow** Pure Flavor® Sweet Bell Pepper, cubed
- 2** white fish fillets
- 1 small** red onion, largely diced
- ½ cup** broccoli florets

- 3** garlic cloves, minced & divided
- 1 tbsp** Dijon mustard
- 1 tbsp** honey
- 6 tsp** olive oil, divided
- 2 tsp** lemon juice
- Salt and pepper to taste

## DIRECTIONS

- 1** Preheat oven to 400°F. Line a baking sheet pan with parchment paper.
- 2** Arrange rows of peppers, broccoli, and red onion. Drizzle veggies with 4 tsp of the olive oil, season with salt and pepper. Toss while ensuring to keep veggies separated. Roast in preheated oven for 10 minutes.
- 3** In a small bowl mix mustard, honey, 1 tsp of the olive oil, 1 garlic clove, and lemon juice. Set aside.
- 4** Remove pan from oven. Move veggies to fit a tomato row and fish fillets. Drizzle tomatoes with remaining 1 tsp of olive oil.
- 5** Brush fish fillets with half of the mustard mixture and season with salt and pepper. Flip each fillet and brush with remaining mustard mixture. Sprinkle last 2 cloves of minced garlic evenly over vegetables and fish.
- 6** Return to oven and roast for 15 minutes. Serve immediately!