



RECIPE | TOMATOES

HONEY MUSTARD ROASTED WHITE FISH



15 min
PREP.



2



easy

40 min

25 min
COOKING

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!

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