



Baked White Fish & Roasted Potatoes

U.S.

For the Potatoes:

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

For the Fish:

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| 1 lb | White Fish Filets | 454 g |
| 1/2 Tbsp | Olive Oil | 7.5 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. 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**

| Nutrition Facts | |
|------------------------|--|
| Serving size | 4 oz fish 4 oz potatoes |
| Servings | 4 |
| Calories | 301 |
| Calories from Fat | 120 |
| Total Fat | 13 g |
| Saturated Fat | 2 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 7 g |
| Cholesterol | 68 mg |
| Sodium | 525 mg |
| Carbohydrates | 20 g |
| Dietary Fiber | 2 g |
| Sugars | 2 g |
| Protein | 14 g |
| Vitamin A | 53 % |
| Calcium | 5 % |
| Vitamin C | 28 % |
| Iron | 11 % |
| Phosphorus | 0 mg |
