



## RECIPE

# Potato Crusted Pollock with Roasted Vegetables

**PREP:** 10 minutes

**COOK:** 30 minutes

**TOTAL:** 40 minutes

**SERVES:** 4

## INGREDIENTS

- For the roasted vegetables
  - 2 zucchinis, cut into ½ inch pieces
  - 1 carrot, cut into ½ inch pieces
  - 1 onion, cut into ½ inch pieces
  - Oil, melted butter, or margarine
  - Salt & pepper to taste
- For the potato crusted pollock
  - 4 pieces pollock fillets\*
  - 2 potatoes, peeled and sliced 1/8 inch thick
  - 3 Tbs oil or melted butter or margarine
  - Salt & pepper to taste

## METHOD

1. Preheat oven to 425°F
2. Toss vegetables with oil, salt and pepper. Spread on baking sheet and roast 15-20 minutes or until vegetables begin to soften. Flip vegetables over and roast another 10-15 minutes or until vegetables are well browned and fully softened
3. Meanwhile, spray another baking sheet with nonstick spray (or lightly oil it) and space pollock filets at least 1" apart on it. Lay potato slices on top of fish, overlapping slices to completely cover the fish (think roof shingles, or fish scales). Season with salt and pepper and drizzle generously with oil.
4. Bake fish until golden brown and fully cooked (internal temperature of at least 145°F) and remove from oven. Let rest 5 minutes before serving.
5. Serve while still warm.

## NOTES

\*adjust this number as needed depending on size. You will want at least 4 oz fish per adult.

Change the seasoning for different flavors. Red pepper flakes, curry powder, or herbs such as dill or rosemary can keep things interesting. Experiment with different vegetables to see what you like. If your pan is large enough, this can be a one-pan dinner (add the fish after the vegetables have been flipped).