



Oven-Baked Pollock

with Roasted Tomato and Focaccia

 30-40min  2 Servings

Take a walk on the lighter side with this meal that comes together in just one baking dish. Lots of the work is done in the oven as the food cooks, requiring very little chopping or active cooking time, which is always a bonus at the end of a long day! And, the garlicky toasted focaccia on the side is key, because it means you get to sop up all of the delicious sauce. Cook, relax, and enjoy!

What we send

- yellow onion
- garlic
- fresh parsley
- whole-peeled tomatoes
- 10 oz pkg tilapia ⁴

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

Allergens

Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 416kcal, Fat 15g, Carbs 39g, Protein 32g



1. Roast onions

Preheat oven to 450°F. Trim ends from **onion**, then halve, peel, and thinly slice lengthwise through the core. In a medium baking dish, toss **onions** with **1 tablespoon oil**, **½ teaspoon salt** and **a few grinds pepper**. Roast until onions begin to soften, about 10 minutes.



4. Add tomatoes

Pour **tomato mixture** over the **onions** in the baking dish, and place back in oven to continue roasting until the tomatoes are slightly reduced, about 15 minutes.



2. Prep ingredients

Meanwhile, peel **3 large cloves garlic**: thinly slice **2 cloves**, leave the **3rd clove** whole and reserve for step 5. Pick **parsley leaves** from **stems**. Finely chop stems and roughly chop leaves, keeping them separate.



5. Toast focaccia

Meanwhile, cut **focaccia** in half and place directly on oven rack, cut side-up. Toast until golden on the edges, about 5 minutes (watch closely). Cut **reserved garlic clove** in half, then rub the cut sides of focaccia all over; drizzle with **oil**, and lightly season with **salt**.



3. Prep tomato mixture

Add **tomatoes** to a medium bowl and break up with a wooden spoon. Stir in **sliced garlic**, **parsley stems**, **1 tablespoon oil**; season to taste with **salt** and **pepper**.



6. Finish & serve

Season **fish** all over with **salt** and **pepper**. Add fish to the baking dish and continue roasting until cooked through, about 5 minutes. Garnish fish with **chopped parsley leaves** and a drizzle of **olive oil**. Serve with **focaccia** alongside for dipping. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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