



GARLIC & BASIL BAKED FISH

Category: Popular

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Details

Cooking Time: 25 minutes

Servings: 6

Difficulty: Easy

This is a delicious and healthy recipe for Baked Fish with Garlic and Basil. It's gluten-free, paleo, keto-friendly and takes only 25 minutes to prepare. Perfect for a quick and nutritious dinner.

Ingredients

- 2 lb fish fillet like halibut
- 1 1/2 tsp dry oregano
- 1 tsp ground coriander
- 15 basil leaves, sliced into ribbons
- 2 bell peppers any color, sliced
- 2 shallots, peeled and sliced
- 1 tsp sweet paprika
- 6 tbsp extra-virgin olive oil
- 10 garlic cloves, minced
- Juice of 1 lemon

- Salt and pepper

Instructions

1. Dry the fish and season with salt and pepper. Place the fish in a large zip-top bag and add spices, garlic, basil ribbons, olive oil and lemon juice. Seal the bag and refrigerate for 30 minutes.
2. Preheat the oven to 425 degrees F. Arrange sliced shallots and bell peppers at the bottom of a 9 x 13 baking dish. Place the fish on top and pour the marinade over it. Bake for about 15 minutes or until the fish is fully cooked and flakes easily.

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Tips: Ensure to squeeze the air out of the zip-top bag before sealing. Keep the bag flat on a plate in the fridge and turn it occasionally for even distribution of the marinade.

Nutrition Facts: Calories: 280, Protein: 28.8g, Fat: 16.2g, Carbohydrates: 5.9g