

Middle-Eastern Baked Fish

Recipe By Avigail Maizlik



Cooking and Prep:  40
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Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shavuot, Nine
Days

Diet: Paleo, Pescetarian,
Gluten Free, Low Carb, Sugar
Free, Low Fat

Source: Family Table by
Mishpacha Magazine

Cuisines: Middle Eastern

An elegant, restaurant-worthy presentation, with a subtle and rich sauce. Try it, you won't be disappointed!

Ingredients (11)

Main ingredients

6 whitefish fillets, boneless and skinless

juice of 1/2 a lemon, for marinade

- 2 onions, thinly sliced
 - 4 tomatoes, thinly sliced
 - 6 cloves garlic, thinly sliced
 - 4 tablespoons **Bartenura Olive Oil**
 - 1 tablespoon **Gefen Paprika**
 - salt, to taste
 - pepper, to taste
 - 1 lemon, sliced into rounds and peel removed
 - handful of fresh coriander, chopped
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Start Cooking

Prepare the Fish

1. Preheat oven to 350°F (180°C). Soak fish fillets in water mixed with lemon juice for 20 minutes. Remove fish from water and rinse.
2. Layer onion slices, followed by tomato slices and garlic slices, in a 9x13-inch (20x30-cm) baking dish, preferably Pyrex. Place fish fillets on top.
3. In a small dish, combine olive oil with paprika, salt, and pepper. Pour over fish.
4. Arrange lemon slices on top and sprinkle with coriander. Bake for 20 minutes or until fish is golden and flakes easily with a fork.