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## Oven Roasted John Dory with Mediterranean Vegetables

What's easier than getting dinner ready in around half an hour? Eating it! So that's exactly what you should do with this simple fish tray bake. Pop everything into the oven and relish in the natural flavours of these complimentary Mediterranean vegetables and fish, once cooked. Seal the deal with a good squeeze of lemon.



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 1



seafood  
first



high  
protein

### Pantry Items



Olive Oil



Potatoes



Red Capsicum



Zucchini



Red Onion



Lemon







John Dory




Oregano

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2P	4P	Ingredients
300 g	600 g	potatoes, unpeeled & cut into 5 mm slices
1	2	red capsicum, cut into thick slices
1	2	zucchini, cut into 1 cm thick rounds
½	1	red onion, cut into wedges  
1 tbs	2 tbs	olive oil <sup>*</sup>
½	1	lemon 
1-2 fillets	2-4 fillets	John Dory
½ bunch	1 bunch	oregano, leaves picked 

 Ingredient features in another recipe

<sup>\*</sup> Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	1550	Kj
Protein	38.7	g
Fat, total	9.5	g
-saturated	1.6	g
Carbohydrate	29	g
-sugars	7.7	g
Sodium	141	mg



**You will need:** *chef's knife, chopping board and a baking dish.*

**1** Preheat the oven to **200°C/180°C fan-forced**.

**2** Place the **potato slices, red capsicum, zucchini, and red onion** in a baking dish. Add the **olive oil** and toss to coat well. Season with **salt and pepper** and position the potato at the base of the dish with the other vegetables on top. Add the **lemon half** and cook in the oven for **15 minutes**. Remove the baking dish from the oven.

**3** Place the **John Dory fillets** on top of the vegetables and sprinkle over the **oregano**. Drizzle with a little olive oil and return the dish to the oven. Cook for a further **10 minutes** or until the fillets are cooked through.

**4** Divide vegetables and fish between plates and squeeze over the juice of the roasted lemon.



**Did you know?** Onions symbolised eternity in Ancient Egypt and were believed to bring prosperity in the afterlife.