



OVEN ROASTED GOLDEN TILEFISH

Servings: 2

Ingredients

- 1 lb Golden Tile Fish fillets
- 1 tbsp olive oil or avocado oil
- 1 tbsp olive oil or avocado oil for your veggies
- sea salt and fresh ground black pepper

Instructions

1. preheat oven to 350 degrees
2. rinse fish in cold water and pat dry with paper towels
3. place fish in baking pan with a little water in the pan
4. drizzle fish with olive oil and add sea salt and fresh ground pepper
5. roast in oven for about 20 minutes or until fish is firm to the touch
6. Roast veggies like onion, zucchini, colorful bell peppers and mushroom alongside your tilefish with added oil and seasoning for them.