

Lemon fish with roasted truss tomatoes



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Preparation: about 12 mins (+ marinating time) **Cooking:** about 15 mins
Serves: 4

Ingredients:

- 1/4 cup olive oil
- 2 tbs oregano leaves
- 2 garlic cloves, crushed
- 1/4 cup lemon juice
- sea salt and ground black pepper
- 4 (about 200g each) thick white fish fillets or cutlets
- 500g (2 x 250g stems) mini Roma or cherry truss tomatoes
- olive oil cooking spray
- 1 bunch rocket, trimmed
- lemon wedges & oregano sprigs, to serve

Method:

1. Combine oil, oregano, garlic, lemon juice and sea salt and pepper to taste in a medium shallow dish. Add fish and turn to coat in marinade. Cover and refrigerate, turning occasionally, for 1 hour.
2. Preheat oven to 180°C. Line the base a baking tray with baking paper. Snip tomato stems in half. Place tomatoes on tray and spray evenly with oil. Sprinkle with sea salt and pepper. Roast tomatoes for 12–15 minutes or until just soft.
3. Meanwhile, preheat a greased barbecue or char-grill plate on medium-high heat. Barbecue or char-grill fish for 3–4 minutes (depending on thickness) on each side or until just cooked through.
4. Arrange rocket, fish and roasted truss tomatoes on serving plates. Serve with lemon wedges.



Tomatoes:

- The richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.
- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance any adverse effects of the sodium in salt.