

SPAIN

Mediterranean Baked fish

Mediterranean Baked Fish is a flavorful dish commonly enjoyed in coastal regions of Spain. The fish is baked with ingredients such as tomatoes, olives, garlic, and olive oil, which reflect the fresh and vibrant flavors of Mediterranean cuisine. The dish has a light, savory taste with a slight tanginess from the tomatoes and olives. When baked, the fish becomes tender and flaky, while the vegetables create a soft and aromatic texture, making it a healthy and delicious seafood meal.



Ingredients

- 4 fish fillets (such as sea bass, sea bream, or cod)
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1/2 cup sliced black or green olives
- 1 small onion, sliced
- 1 teaspoon dried oregano or mixed herbs
- 1 tablespoon lemon juice
- Salt and black pepper to taste
- Fresh parsley for garnish (optional)
- Lemon wedges for serving

How to Prepare

1. Preheat the oven to 180°C (350°F).
2. Lightly grease a baking dish with olive oil.
3. Arrange the sliced onions and cherry tomatoes at the bottom of the dish.
4. Place the fish fillets on top of the vegetables.
5. Sprinkle garlic, olives, oregano, salt, and pepper over the fish.
6. Drizzle olive oil and lemon juice evenly over the ingredients.
7. Bake in the oven for about 15–20 minutes until the fish is tender and flakes easily with a fork.
8. Remove from the oven and garnish with fresh parsley.
9. Serve hot with lemon wedges on the side.