

Spanish Mackerel Roasted with Red Bell Peppers, Onions & Russet Potatoes



Ingredients

- 2 russet potatoes (about 1 pound), scrubbed, halved lengthwise and cut into 1/2-inch spears
- 2 tablespoons extra-virgin olive oil
- 1 large red bell pepper, quartered, seeded and cut into eight 1/2-inch wedges
- 1 large white onion, peeled and cut into 1/4-inch wedges
- 1/2 teaspoon salt, divided
- Freshly ground pepper to taste
- 2 tablespoons coarsely chopped fresh flat-leaf parsley
- 2 teaspoons coarsely chopped lemon zest
- 1 teaspoon dried oregano
- 1 clove garlic, crushed
- 1 1/2 pounds spanish mackerel filets (about 3/4 inch thick), skin removed, cut into 4 portions
- Lemon wedges

Directions

1. Preheat oven to 400°F. Place potatoes in a large roasting pan or on a large rimmed baking sheet; drizzle with oil and turn to coat evenly. Add bell pepper and onion. Season with 1/4 teaspoon salt and pepper.
2. Roast the vegetables, turning the potatoes once or twice and moving the pepper and onion pieces around so they brown evenly, until the potatoes are starting to brown and are almost tender, about 35 minutes.
3. While the vegetables are roasting, finely chop parsley, lemon zest, oregano and garlic together to make gremolata. Season mackerel with remaining 1/4 teaspoon salt and pepper, then sprinkle with 2 teaspoons gremolata.
4. Remove the pan from the oven. Increase oven temperature to 450°. Push the vegetables to the sides of the pan and place the mackerel in the center. Spoon some of the onions and peppers over the mackerel. Arrange the potatoes around the edges, turning the browned sides up.
5. Roast until the vegetables are browned and tender and the mackerel is flaky in the center, 10 to 15 minutes more, depending on the thickness of the fish. Sprinkle the remaining gremolata on top. Arrange the fish and vegetables on a platter or individual plates. Serve with lemon wedges.