

SEASONED MAHI MAHI AND VEGETABLES

Sheet Pan Dinner | 10 Ingredients or Less

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Photo: Love + Craft Kitchen

There is a reason that sheet pan dinners remain a popular strategy for meal preparation. The ease of placing ingredients on one pan to cook relatively hands-off in the oven makes getting a healthier dinner on the table so much more stress-free. Top it off (literally) by flavoring the ingredients with a good quality seasoning blend and it becomes even easier.

A meaty white fish or salmon works well in this recipe. If Mahi Mahi is unavailable, try Halibut, Cod, Grouper, Haddock, or Snapper. Choose any seasoning blend you like – something bright and herbaceous, or maybe more earthy with a touch of heat.

A few seasoning blends I use regularly for this recipe are:

- [Greek Freak](#) (Spiceology)
- [Lemon-Pepper](#) (Spicewalla)
- [Herbs de Provence](#) (Burlap & Barrel)

Need more than two servings? Double the recipe and spread between two sheet pans.

Variations:

The ingredient combinations for sheet pan dinners are endless. Capitalize on seasonal ingredients or use whatever is on hand. For reference, check out my [Sheet Pan Dinner Cooking Time Chart](#) as you create your own masterpieces.

Makes: 2 servings

INGREDIENTS:

8 ounces fresh mushrooms, cleaned, sliced or halved
1/2 bell pepper (red, yellow or orange), 1/4-inch slices
1 large Yukon Gold potato, 1/4-inch slices
1 leek, white and light green parts, washed thoroughly, cut into wide slices
1 tablespoon olive or avocado oil + more for brushing
1 1/2 teaspoons seasoning blend (like Greek blend, lemon-pepper, or herbes de Provence), divided
2 Mahi Mahi fish fillets (4 - 6 ounces each), thawed if frozen
A light sprinkling of Kosher salt and ground black pepper – if not included in the seasoning blend
1 lemon, cut into 4 wedges

DIRECTIONS:

1. Preheat oven to 425° F. Line a sheet pan with foil or parchment paper and spray with cooking spray.

2. Toss the mushrooms, bell pepper, potato, and leeks in 1 tablespoon of oil. Spread the veggies out on the sheet pan. Season with 1 teaspoon of the seasoning blend. Roast in the oven for 10 - 12 minutes, until the veggies are partially softened.

3. Remove the pan from the oven. Nestle the fish fillets in between the vegetables. Brush each fillet lightly with oil and season with the remaining 1/2 teaspoon of the seasoning blend.

Return the pan to oven to roast for 10 – 13 minutes, until fish is opaque in the center and flaky and vegetables are soft and lightly golden brown. If using convection cook or roast, less time may be required.

Approximate Cooking Time for White Fish Filets

- 10 minutes per 1 inch of thickness for opaque interior
 - 145°F internal temperature

4. Remove pan from oven, transfer fish and veggies to serving plates and spritz lightly with lemon juice from one of the wedges. Serve immediately with additional lemon wedges.