

Roast Fish with Potatoes, Thyme and Flavour Pearls

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Deliciously simple is our latest recipe for Roast Fish with Potatoes, Thyme and Flavour Pearls. Stunning fresh Fish is simply seasoned and placed on top of par cooked Potato slices with a little butter and Thyme. The dish is baked until the fish is cooked and all you need to do is lift it on to a plate, add some **Lemon Myrtle Flavour Pearls** and enjoy. A fantastic dish if you are entertaining and don't want to have to spend much time in the kitchen and miss the fun!

What you'll need

- Firm white fish portions – 180 – 200g per person (we used Blue Eye Cod)
- Potato – aprox 750g (we used Desiree)
- Garlic – 2 cloves crushed
- Olive oil -1/4 cup

- Thyme
- Butter
- Salt & Pepper
- [Lemon Myrtle Flavour Pearls](#)

To do

Pop your oven on to 220c. Line a tray with some baking paper.

Slice the Potatoes into 5mm slices. I left the skin on mine. It's up to you though. Just give them a quick wash if you leave it on. Yes do use a [mandolin](#) if you have one handy. Even slices are ideal. Add the Potato slices into a bowl with the crushed Garlic, a little chopped Thyme, Olive Oil and Salt and Pepper.

Line a baking tray or fry pan with some baking paper. Lay the seasoned Potato slices onto the paper in an over-lapping fashion – a little larger than your Fish portions. Bake until slightly coloured and mostly cooked. *you can do this hours earlier if you like*

Tidy up your Fish portions while the Potato is baking.

To serve

When its nearly time to eat. Simply place the Fish portions onto the Potato – skin side down. Add a blob of Butter and some Salt and Pepper to each portion. [*our Spicy Lemon Pepper Cocktail Salt would be delicious used as a seasoning here*](#)

Pop back into the hot oven for around 10 minutes or until the fish is cooked through.

Using a spatula carefully lift the delicious cooked Fish and Potatoes onto plates. Garnish with a spoonful of [Lemon Myrtle Flavour Pearls](#) Add a side salad or vegetables if you wish.

Until next time

Enjoy...from the Peninsula Larder Team

“Things worth having are worth waiting for.”

-Me, preheating the oven ☐

**Take a peek at our other flavours, just click [HERE](#) There are plenty of others to choose from.