

BAKED SEA BASS AND ZUCCHINI SHEET PAN



INGREDIENTS

ITEM

Lemon Juice
Low Sodium Soy Sauce
Olive Oil
Fillet Sea Bass
Kosher Salt
Ground Black Pepper
Large Shallot, Minced
Cremini Mushrooms
Small Zucchini Sliced in Half Lengthwise

QUANTITY

2 Tbsp.
2 Tbsp.
1 Tbsp.
26 Oz.
¼ Tsp.
¼ Tsp.
1
15
4



PREPARATION

- 👉 Preheat your oven to 500°F and prepare a rimmed baking sheet by lining it with parchment paper.
- 👉 In a small bowl, combine freshly squeezed lemon juice with low-sodium soy sauce, and set it aside for later use.
- 👉 Arrange the sea bass filets, skin-side-down, at one end of the baking sheet.
- 👉 Next to the fish, place the zucchini halves, cut side up, and add 10 medium cremini mushrooms at the opposite end.
- 👉 Season all the ingredients on the sheet pan with approximately ½ tsp. of kosher salt and ¼ tsp. of ground black pepper.
- 👉 Evenly distribute minced shallots on top of each fish fillet.
- 👉 Drizzle the lemon and soy sauce mixture over the sea bass, zucchini, and mushrooms.
- 👉 Put the prepared sheet pan in the oven and bake until the fish is just opaque in the center, and the zucchini and mushrooms are tender, which should take about 12-15 minutes.
- 👉 Enjoy!