

# Fish and Bread Meal



## Verses:

**Matthew 14:17** — “And they say unto him, We have here but **five loaves, and two fishes.**”

**John 21:9** — “...they saw a fire of coals there, and **fish laid thereon, and bread.**”

## Baked White Fish Ingredients

### For the Fish

- **White fish fillets** – Choose fresh, firm fillets like cod or haddock for the best flaky texture.
- **Olive oil** – Drizzled over the fish to keep it moist and add a silky finish.
- **Lemon juice** – Adds a bright, zesty punch that complements the mild fish flavor perfectly.
- **Garlic cloves** – Minced for a subtle savory depth without overpowering the dish.
- **Salt** – Enhances natural flavors and helps tenderize the fillets slightly.
- **Black pepper** – Freshly ground for a gentle kick that balances the herbs.

## Fresh Herbs and Seasonings

- **Fresh parsley** – Chopped for a fresh, vibrant note that awakens the palate.
- **Dill or thyme** – Use either to inject earthy, herbal warmth that pairs beautifully with white fish.
- **Paprika** – Optional sprinkle for color and a hint of smoky sweetness.

## Serving Suggestions

- **Steamed vegetables** – Light and healthy sides like asparagus or green beans enhance the wholesome feel.
- **Quinoa or rice** – Nutty grains that soak up the delicious juices help make this an easy, complete meal.

## How to Make Baked White Fish

1. **Preheat** your oven to 400°F, positioning a rack in the center. Line a baking dish with parchment or lightly grease it to prevent sticking and ensure easy cleanup.
2. **Pat Dry** fresh white fish fillets with paper towels, then place them on your prepared dish. This helps the olive oil and seasonings adhere evenly for maximum flavor absorption.
3. **Season** generously by drizzling 2 tablespoons olive oil and squeezing juice from half a lemon over each fillet. Sprinkle minced garlic, salt, and pepper to taste for vibrant depth.
4. **Add Herbs** chop 2 tablespoons fresh parsley and a teaspoon of dill or thyme. Scatter evenly atop the fillets, pressing lightly so the herbs stick during baking.
5. **Bake** uncovered at 400°F for 12–15 minutes, or until the fish flakes easily with a fork and turns opaque. Watch for a subtle golden edge on the top.
6. **Rest & Serve** let the baked fish rest 2 minutes before transferring to plates. Garnish with an extra lemon wedge and a sprinkle of fresh parsley for bright finishing touch.

