



Crispy Sheet Pan Fish with Carrots & Green Beans

By Chef Veera Gaul, Ph.D.



Ingredients

4 (6oz each) pieces of Salmon, Cod or Tilapia
3 tablespoons Mayonnaise
2 tablespoons Dijon Mustard
1 ½ tablespoon [Mustard Dill Seasoning](#), divided *
1 ½ teaspoons lemon zest (from one lemon), divided
1/3 cup Panko crumbs or Gluten Free Panko Crumbs
2 ½ tablespoon O&V [Garlic EVOO](#), divided *
1 tablespoon minced parsley (plus more for garnish)
½ lb trimmed green beans
½ lb whole carrots (cut lengthwise)
Lemon wedges

Preparation

Preheat oven to 425F. Line a large rimmed baking sheet with parchment paper. Lay the fish pieces on one half of the pan.

Stir together the mayonnaise, Dijon mustard and Mustard Dill seasoning with 1 teaspoon of lemon zest, salt and pepper to taste. Spread evenly over the pieces of fish.

In a small bowl, mix together the 1 tablespoon of Garlic EVOO, panko crumbs and 1 tablespoon of minced parsley with your fingers till the oil is incorporated into the crumbs

Top the pieces of fish with the seasoned Panko crumbs, pressing lightly to adhere to the fish.

In a separate bowl, toss together the green beans, carrots, 1 ½ tablespoons Garlic EVOO, ½ teaspoon lemon zest and ½ teaspoon Mustard Dill seasoning mix. Season with fresh cracked pepper. Place vegetables on the other half of the sheet pan.

Bake in preheated oven until fish is cooked through and vegetables are tender (about 12-15 minutes). Serve with lemon wedges and sprinkled with parsley as garnish

Serves 4

Active Time: 20 minutes Total Time: 35 minutes

Notes

* I love the [Mustard Dill Seasoning](#) mix from [Oil & Vinegar](#), but you can also substitute with a combination of garlic powder, mustard powder and some minced fresh dill.

* The [Garlic EVOO](#) adds another layer of flavor to the Panko crumbs and the vegetables, you can use another high-quality unflavored oil and add some minced garlic to add flavor.

Categories: Entrees, Seafood, Salmon, Fish, Green Beans, Carrots, Sheet Pan Cooking, Mustard, Mayonnaise, Mustard Dill Seasoning, Garlic EVOO, Panko Crumbs, Crispy Fish, Easy Weeknight, Weeknight Meal, Mediterranean Diet, Seafood Dinner