

# Chef Kevin's Baked Pollock with Apples Recipe

Serves 5

## The Ingredients

- 2 lbs fresh Pollock cut into 5 equal pieces (any white fish will work)
- 1 8 oz bag of fresh spinach
- 2 ripe apples, diced
- 1 medium Spanish onion, medium dice
- 1 large ripe tomato, medium dice
- 1 large zucchini, medium dice
- 2 red peppers, medium dice
- 4 oz white wine
- 2 oz olive oil
- 2 oz butter
- Salt and pepper
- 3 lemons cut into 18 wedges

## Directions

Heat the oven to 350 degrees. Line the bottom of a baking dish with the spinach, season with salt and pepper, olive oil and wine (apple cider can replace the wine). Lay the 5 pieces of fish on top of the spinach, add the butter, season the fish. Bake for 16 minutes uncovered. Sauté the tomato, onion, zucchini and peppers for 5 minutes, add apples, sauté 3 minutes more, taste, season with salt and pepper. Spoon the sautéed vegetables onto a plate, top with the fish, then add fresh parsley and a few of the sautéed vegetables, serve with lemon wedges. This is a gluten-free recipe, cooked rice could be added!