

LEMON BUTTER BAKED FISH

4 servings

Per Serve:

Calories 243 Fat: 10g, Protein: 36g, Carbs: 1g

INGREDIENTS

- 800 g White fish, boned
- 3 tbsp butter
- 4 garlic cloves crushed
- 3 tbsp fresh lemon juice
- 2 tsp dried oregano/thyme
- salt and pepper to taste

What kind of fish can be baked?

Most fish varieties bake very well but for this recipe any white fish will work. You could use salmon or trout too.

- Hake
- Tilapia
- Cod
- Bass
- Haddock
- Halibut
- Snapper
- Grouper

DIRECTIONS

1. Pre-heat the oven to 200°C and line a sheet pan with parchment/baking paper.
2. Combine the butter, lemon, garlic and herbs in a microwave jug, heat for 30 – 45 seconds to melt the butter, let sit while preparing the fish.
3. Place the fish onto the lined sheet pan then season with salt and pepper.
4. Pour the lemon butter sauce over the fish and top the fish with lemon slices (optional).

5. Place in the oven and bake for 10-12 minutes or until the fish is cooked. Note that Fish is cooked when it flakes easily and the flesh is opaque, white throughout.
6. Remove from the oven and serve with either a coleslaw/green salad or a baked veggies salad with some beetroot, asparagus, brussel sprouts and carrot – a mustard/apple cider salad dressed will work really well.