Simple Baked Fish

Cooking Skill Level: Easy

Quick to Cook

Number of servings: 4	Total time: 15 minutes

Ingredients:

- 4 6-8oz white fish fillets
- 2 Tbsp butter
- 2 Tbsp olive oil
- ½ medium lemon (or 1 Tbsp lemon juice)
- 1 tbsp fresh parsley (or 1 tsp dried)
- 2 cloves garlic (finely minced)
- 1 tsp salt
- 1/4 tsp black pepper

Instructions:

1. Preheat the oven to 400 degrees F (204 degrees C).
2. Pat the fish fillets dry with paper towels. Arrange them in a single layer into a baking dish.
3. Cut the lemon in half. Juice and zest one half.
4. Heat butter to melt. Stir in the olive oil, lemon juice, lemon zest, parsley, and minced garlic.
5. Pour ½ the garlic lemon butter over the fish fillets to cover. Season with sea salt and pepper. Turn fillets over and repeat both lemon butter and seasoning on the other side.
6. Bake for 12-15 minutes, (will vary by thickness), until the baked fish is opaque and flakes easily with a fork. Serve with grilled vegetables and rice for a simple, yet satisfying meal!

Nutrition facts: Per Serving*		
Calories 258		% Daily Value
Protein	33g	
Carbohydrate	1g	0%
Fibre	0g	0%
Sugars	0g	0%
Fat	14g	22%
Sodium	337g	14%

* Approximate amounts

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