

Herb Baked White Fish

Serves 4

Equipment Needed:

Baking dish
Small bowl
Cutting board for chopping garlic
Spoon for mixing herbs
Knife for chopping and for cutting lemon

To Make The Fish:

4 tilapia (or halibut or sole) fillet pieces
2 tbsp butter, softened
1/2 tsp dried basil
1/2 tsp dried oregano
1 clove garlic, finely chopped
Sea salt and pepper to taste
1 Lemon

Preheat oven to 400° F. Mix the herbs, sea salt, pepper and garlic together. Place the fish in a greased baking dish. Sprinkle Dot with soft butter and spread over the surface of fish. Bake for 8 -14 minutes, or until the thickest part of the fish is done. Cook time can vary depending on the thickness of the fish. Remove from the pan and place on a plate. Squeeze 1/4 wedge of lemon over each piece of fish. Serve with brown rice and sautéed vegetables.