

INGREDIENTS

Total Cook Time: 1 Hour

6 Servings

“Baked Fish
for beginners”

- 800 g White fish, boned
(Approximately 200g per person)
- 3 tbsp Butter
- 4 garlic cloves crushed
- 3 tbsp fresh lemon juice
- 2 tsp dried oregano/thyme
- Salt and Pepper to taste
- Asparagus (washed and trimmed)

DIRECTIONS

1. Pre-heat the oven to 200°C and line a sheet pan with baking paper.
2. Combine the butter, lemon, garlic and herbs in a saucepan and bring to a simmer. Cook for 2-3 minutes until fragrant then remove from the heat and set aside to cool slightly.
3. Place the fish and asparagus onto the lined sheet pan then season with salt and pepper.
4. Pour the lemon butter sauce over the fish and asparagus and top the fish with lemon slices (optional).
5. Place in the oven and bake for 10-12 minutes or until the fish and asparagus are cooked. Fish is cooked when it flakes easily and the flesh is opaque, white throughout.
6. Remove from the oven and serve with OBC Rice, OBC Pap or Samp and Beans.



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