

GF Friendly

Lemon Baked Fish

Fish baked in lemon juice and herbs

When I first tried this recipe, I changed some of the original ingredients to suit our tastes. It turned out great the first two times using New Zealand Hoki. The more recent attempt was with barramundi which we didn't like as much because of the earthy flavour. If, however, that's your bag, you could try pike or trout – your choice - but I reckon it's better with white sea fish.

The level of zing depends on the strength of the lemon juice, which is the reason for the sugar. I suppose lime could be used instead; and sliced spring onion rings might be a good substitute for the brown onion – they'd certainly look more attractive.

- 4 filleted fish steaks
- 25g butter
- juice of 1 lemon
- lightly-grated** rind of ½ lemon
- 1 tsp of honey or white sugar
- ¼ finely-chopped onion
- 1 tsp minced garlic
- ½ tsp ground rosemary
- a pinch of paprika
- black pepper
- spray oil (olive or canola)
- 1 Tbsp chopped parsley



Put the lemon juice and grated rind, garlic, sugar or honey, plus the butter and paprika in a small pan and heat on low until the butter has melted – don't burn it like I did my first lot!

Rinse the fish pieces under a cold tap, then pat dry using paper towel. Place these in a suitable oven-proof dish and spray with oil (if you don't have spray oil, brush lightly with olive oil). Stir the heated liquid to mix and pour evenly over the fish. Sprinkle with rosemary and just **a light shake** of pepper. Scatter the chopped onion evenly over the top, then finish off with parsley.

Bake uncovered on 160°C fan-forced (175°C conventional) for 10-12 minutes. This time may need to be increased depending on the thickness of the steaks. To test, carefully use a fork – if the fish separates easily and is an even colour inside, it is cooked.

Serves 4 with vegetables or salad

NOT recommended for freezing

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