

HEALTHY FOOD

Baked Lemon Herb Fish Fillet



Ingredients:

- 4 fish fillets (such as tilapia, cod, or sole)
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- Salt and black pepper to taste
- Lemon slices for garnish
- Fresh parsley, chopped, for garnish

Instructions:

1. Preheat the Oven:

- Preheat your oven to 375°F (190°C).

2. Prepare the Marinade:

- In a small bowl, whisk together olive oil, lemon juice, minced garlic, dried oregano, dried thyme, paprika, salt, and black pepper.

3. Marinate the Fish:

- Place the fish fillets in a shallow dish or a zip-top plastic bag.
- Pour the marinade over the fish fillets, ensuring they are well-coated.
- Allow the fish to marinate for at least 15-20 minutes.

4. Bake the Fish:

- Line a baking sheet with parchment paper or lightly grease it.
- Place the marinated fish fillets on the baking sheet.
- Bake in the preheated oven for 15-20 minutes or until the fish is cooked through and easily flakes with a fork.

5. Garnish and Serve:

- Garnish the baked fish with lemon slices and freshly chopped parsley.

6. Serve Warm:

- Serve the baked lemon herb fish fillet with your favorite side dishes, such as steamed vegetables, rice, or a fresh salad.

This recipe is not only easy to make but also allows the natural flavors of the fish to shine through with the added brightness of lemon and herbs. Adjust the seasonings according to your taste preferences. Enjoy your delicious and healthy baked fish!