

Baked Rockfish (or Cod or Haddock)

Ingredients:

Group 1:

- 1 lb of Rockfish/Cod/Haddock fillets

Group 2:

- 2 Tbsp Dijon mustard
- 1 tsp oregano (dried)
- 1 tsp parsley (dried)
- ¼ tsp salt
- ¼ tsp pepper

Group 3:

- 1 Tbsp butter

Group 4:

- 1 lemon, cut into slices

Directions:

1. Preheat the oven to 400°F.
2. Rinse fish fillets with cold water and pat dry with paper towels.
3. Combine Group 2 in a small bowl and mix completely.
4. Rub the bottom of an oven-safe pan with the butter; place any remaining butter in the center of the pan.
5. Add the fish to the pan and coat the top with the Group 2 mixture.
6. Cover the fillets with the lemon slices; any remaining lemon slices can be placed in the bottom of the pan.
7. Bake for 15-20 minutes until the fish flakes easily with a fork.

Serves 2 people.