

BAKED FISH WITH CREAMY DILL TOPPING

Prep Time: 5 minutes
Cooking Time: 20-25 minutes
Makes 2 servings

Ingredients

1 large fish fillet (about 300g) or 2 smaller fillets:
tilapia, basa, haddock, etc. – can be fresh or
frozen

60 mL (¼ cup) mayonnaise
5 mL (1 teaspoon) lemon juice
15 mL (1 Tablespoon) dried dill
1 mL (1/4 teaspoon) black pepper

Directions

Preheat oven to 220°C (425°F).
Line a baking sheet with aluminum foil (this
makes clean up easier).

Place fish on the baking sheet (it's ok if it's still
frozen solid) and set aside.

Mix together mayonnaise, lemon juice, dill and
pepper in a small bowl; spread ½ of the
mixture evenly over the top of the fish.

Place fish in hot oven for 15 minutes. Drain
off any excess liquid (frozen fish will do this);
flip the fish over and spread the rest of the
mayo mixture on top. Cook for another 5-10
minutes, depending on thickness of fish. Fish
is cooked when it flakes easily with a fork and
turns fully opaque.

Optional: To brown the topping, place under
the broiler for 2 -5 minutes (make sure not to
leave it too long!).



**This topping makes the fish
tender and melt-in-your-
mouth delicious!**

**Serve with rice and cooked
vegetables or a salad for a
balanced meal.**

- ✓ Budget-Friendly
- ✓ Quick & Easy
- ✓ Rich in omega-3s



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