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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