



GREEK STYLE ROASTED FISH WITH LEMON AND HERBS

Serves 6-8

Ingredients

For the Sauce:

½ cup Olive Oil
¼ cup Lemon Juice
2 Tbsp Fresh Oregano
to taste Salt & Pepper

For the Fish:

2 lb White Fish Filets
2 Tbsp Olive Oil
4 cloves Garlic, finely minced and quickly fried (about 3-4 min until golden)
1 cup Breadcrumbs, Almonds, or Crackers (GF if desired)
To taste Salt & Pepper

Equipment

- Chef's knife
- Mixing bowl
- Whisk
- Basting brush
- Tongs
- Sheet tray lined with parchment paper

Directions

1. Preheat the oven at 375°.
2. In a mixing bowl, whisk together the olive oil, lemon juice, oregano, salt and pepper. Use the sauce to baste the fish while roasting and set aside some for serving with the meal. Mix well before serving
3. On a parchment paper lined sheet tray place the fish filets, salt and pepper and brush with the lemon oil mixture. Add the fried garlic and breadcrumbs.
4. Place in the oven for about 20 min or until the fish is done and the crumbs are golden brown.