

FOIL BAKED GARLIC BUTTER WHITE FISH

SERVES 2

PREP 10 MIN | COOK 20 MINS

Ingredients

- 2 (170g) tilapia fillets , or any white fish (340g total)
- 6-8 asparagus sprigs, cut into thirds
- 1 medium zucchini, sliced
- Salt
- Freshly ground black pepper
- 2 tbs (30 ml) butter, melted
- 2 cloves garlic, minced
- 1 tbs (15 ml) lemon juice
- 1 tsp (5 ml) dried or fresh thyme or oregano or mix of both
- 1/2 teaspoon (2.5 ml) dried dill or 1 teaspoon (5ml fresh chopped dill), optional
- 1 medium lemon, cut into wedges
- Fresh minced parsley, for topping

Method

1. Preheat oven to 230°C. Tear two pieces of heavy duty aluminum foil large enough to wrap each fish and veggies pack.
2. Place each fish filet in the center of the foils and then divide the veggies (asparagus & zucchini) between each foil pack. Season with salt and pepper.
3. In bowl, whisk together the melted butter, garlic, lemon juice, dried thyme/oregano, and optional dried dill.
4. Divide the garlic butter over the two fish packets. Fold the foil over to almost completely cover the fish and veggies. Leave a small opening on top to release steam.
5. Place on a baking sheet pan and bake fish until cooked through, depending on the type and the thickness of your fish, 15-20 minutes. When a fork easily cuts through the fish flakes, it's cooked! Serve warm with parsley sprinkled on top and with lemon wedges.



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