

Creamy Lemon Baked Fish For One

Serves: 1

Prep time: 5 Minutes

Cooking time: 10-12 Minutes

Adapted from **Recipe Tin Eats**

Ingredients:

- 1 (120g-150g) fish fillet (I used Basa)
- pinch salt and pepper
- 1 tablespoon butter
- 2 tablespoons coconut cream
- ½ teaspoon grated garlic
- ½ teaspoon Dijon mustard
- 1 teaspoon lemon juice
- ½ small eschallot/onion, finely chopped
- 1 tablespoon chopped parsley
- **Garnish:**
- ½ lemon, thinly sliced
- 1 wedge of lemon

Method:

- **Preheat oven 180°C**
- Season the fish with salt and pepper and place the fillet into a small baking dish
- In a small microwave jug or bowl, add butter, coconut cream, onion, garlic, mustard and lemon juice. Microwave 1-2 minutes, until the butter has melted, stir well to combine
- Place the lemon slices on top of the fish and pour the sauce over the top
- Bake in the **preheated** oven for 10-12 minutes or until the fish is cooked through
- Place the fish onto a serving plate and gently pour the sauce over the top
- **Serve and Enjoy!**



Honestly, this gourmet fish dish is effortless, it's made in minutes and looks and tastes sensational.

I could drink this creamy sauce, it's so just Yummy. **Enjoy!**