

Baked Dijon Turbot Fillets

Serves 2 ppl



INGREDIENTS

- 2 x 5 oz Turbot Fillet
- 4 tablespoons Lemon Juice
- 2 tablespoons Dijon Mustard
- 4 tablespoons Olive Oil
- 4 tablespoons Chopped Fresh Parsley

DIRECTIONS

1. Preheat oven to 425° Fahrenheit.
2. Combine the lemon juice, mustard, olive oil, and parsley in a bowl and mix thoroughly.
3. Place fish in an oven-safe dish and top with the lemon mustard mixture.
4. Bake for 20 minutes or until fish flakes easily with a fork.