**Lemon Cream Fish**

RECIPE

**INGREDIENTS**

* 20 fish fillets, 4 oz each
* 1 ¼ cup butter
* 1 ¼ cup heavy cream
* 7 garlic cloves minced
* 5 tablespoons Dijon mustard
* ½ cup lemon juice
* Salt & pepper
* Dried or fresh parsley
* Optional Ingredients:

Garlic powder, chopped garlic, lemons sliced, chopped scallions or red onions



**DIRECTIONS**

1. Preheat oven to 400°F and spray non-stick spray in sheet pan.
2. Pat fish dry with paper towels to remove excess water. Very important, otherwise sauce will be too thin and watery. Place fish in pan – ensure fish isn’t crammed in too snuggly.
3. Sprinkle both sides of fish with salt and pepper. Place butter, heavy cream, garlic, mustard, lemon juice and any desired optional ingredients in a microwave container. Microwave in 30 second bursts until melted and smooth.
4. Pour sauce over fish and sprinkle with parsley.
5. Bake 10-12 minutes or until fish is just cooked.
6. To serve, spoon sauce over fish.

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| **Prep Time:** 20 minutes | **Cook Time:** 10-12 minutes | **Total Time:** 30-32 minutes | **Yield:** 20 servings |