

Njeri's EASY Cilantro Lime Oven Baked Whiting

Ingredients

- 4 -6 Frozen Whiting Filets
- 1/2 - 1 red onion sliced into thin half rings
- 1/2 - 1 teaspoon old bay seasoning
- 4 - 5 cloves fresh garlic chopped fine
- 1/4 cup fresh cilantro chopped
- 2 Tablespoons honey
- Juice of 1 lime
- 2 Tbsp olive oil



Directions

1. Preheat oven to 400 degrees F
2. In a Glass casserole roaster line the bottom of the pan with onions and garlic
3. Place the Frozen Fish (do not thaw) over the onions. Sprinkle with old bay to taste
4. Drizzle 1 Tablespoon olive oil over the fish, onion, garlic mixture and toss around a bit until evenly coated
5. Place in oven and bake on the bottom rack for 30 minutes
6. Make the Cilantro Lime Sauce
 - a. In a small bowl place cilantro, juice of 1 lime, 2 Tablespoons honey and 1 Tablespoon olive oil and stir until evenly blended
7. At the 30 minute mark, take the fish out of the oven and pour the cilantro lime sauce over the fish and place back in the oven and let bake for 15 more minutes and let the juices reduce.
8. Remove from oven, plate the fish and toss the onions on top of the fish
9. Enjoy!

This is the quick entre you can fix when you get home from work or after a long day of running around with the kids. You can prep it in 5 minutes and while it bakes for 45, you and the family can start preparing yourselves for bed. Once bathed and relaxed. You can sit down as a family and enjoy a delicious and nutritious meal.



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