

Herb Crusted Fish

Course: Lunch, Main Course, Main Dish Cuisine: Fish Yield: 4 people

Materials

- 4 40z white fish fillet
- 1 tablespoon tarragon picked & chopped
- 1 tablespoon dill picked & chopped
- 1 teaspoon thyme picked & chopped
- 1 teaspoon parsley picked & chopped
- 1 teaspoon garlic minced
- 1 lemon juiced
- 1 orange juiced

Instructions

1. Marinated fish in herbs & juice.
2. Let marinate for 5 minutes at room temperature or 1 hour in the refrigerator.
3. Sear in pan for 3 minutes per side.
4. Serve hot.