Bake Fish with parsely and mint

NIBBLEDISH CONTRIBUTOR

Ingredients

- White fish fillets
- Olive Oil
- 2 tbsp of chopped parsely
- 2 tbsp of chopped mint leaves
- 3 garlic cloves chopped
- 1 tomato
- 1 tsp of capers
- pinch of pepper and salt
- 1 tsp of lemon juice

Instructions

1. Mix the parsely, mint leaves, garlics, tomatoes and capers together and press to extract the juicies and set aside.
2. Dribble some olive oil on both sides of the fish and put them in a baking dish. Add a pinch of salt and pepper to the fish.
3. Put them in the oven and bake for 20 to 25 mins or until cooked.
4. Place the mixture on top of the fish and add the lemon juice.
5. Season with pepper and salt if required.
6. Serve.