Baked Whitefish
Serves 8

Any white, firm fleshed fish works well for this recipe. For smaller children the fish can be flaked finely and mixed with mashed squash or soft, cooked wild rice.

450g boneless whitefish fillets
1 tablespoon sunflower oil
Salt and pepper to taste
Juice of half a lemon
Pinch of minced dill or chives

Pre-heat oven to 375°F and line a baking sheet with parchment paper.

Brush the fish with the oil and sprinkle with the lemon juice and season lightly with salt and pepper.

Bake for 12 to 15 minutes or until the fish flakes easily and reaches 158°F. Sprinkle with the chopped herbs. Flake the fish carefully and check for bones before serving.