

Parmesan Baked Halibut



INGREDIENTS:

- * 1 2.5lb halibut fillet
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1 garlic clove finely minced
- 1 teaspoon dijon mustard
- 1/3 cup grated parmesan cheese
- 2 green onions finely sliced
- 1/2 teaspoon Tabasco sauce
- 1 tablespoon lemon juice
- Salt and pepper to taste

DIRECTIONS:

Preheat oven to 450 degrees.

Combine mayonnaise, lemon juice, garlic, mustard, parmesan, green onion and Tabasco sauce.

Place the fish on a broiling pan covered with tin foil. Sprinkle the fillet with the tablespoon of lemon juice and season with salt and pepper.

Place the halibut in the preheated oven and bake for 12 minutes or until fish is flaking with a fork. Remove from oven and place rack close to the broiling element. Turn the oven to broil.

Spread the top of the halibut with the prepared Parmesan sauce and broil until a golden crust forms.



PREP TIME
10 MINS



COOK TIME
20 MINS



SERVES **6-8**



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