

Baked Orange Roughy



Happy New Year! Hope you had a great Holiday...after a big celebration to welcome 2010, we decided to eat lighter to compensate all what we ate for this Christmas and New Years celebration...

Orange Roughy? There are a couple of reasons:

1. My husband likes better white fish, according to him they are less "fishy". I am not sure about his hypothesis, because I had white fishes that were very "fishy", anyway, no need for further discussion...

2. I usually buy the fish frozen, individually packed at Costco, they defrost very fast so I can come up with something fast when I run out of idea, this is one of the recipe that I often use, again, it is simple, fast and very healthy. I like the idea of topping the fish with fresh crushed garlic, once

baked, the garlic turns kind of crispy, adding a great flavor to the fish.

Ingredients:

3 small filets Orange Roughy

2 cloves garlic

Thyme

Salt and pepper to taste

Paprika

1 tablespoon olive oil

Method:

Cover the filets with olive oil and sprinkle with crushed garlic, thyme, paprika, salt and pepper to taste.

Bake for 15 to 20 minutes at 375F.

Serve hot.





***Thank you for stopping by Simple Recipes and have
a great week!***