

Baked Fillet

Ingredients:

- Fish fillet
- ½ C mayonnaise
- 1-2 TBS wasabi (depending on how spicy you like)
- 2 TBS capers
- Salt/Pepper to taste or your favorite all purpose seasoning

Directions:

1. Preheat oven to 425 degrees
2. Get out cookie sheet and place parchment paper or olive oil down
3. Pat fish dry, laying skin side down on the cookie sheet
4. Season with salt/pepper
5. In a small bowl, mix together mayonnaise, wasabi, and capers
6. Spread mixture on top of fish
7. Bake in preheated oven for 15-20 minutes, checking frequently with a fork until it becomes flakey and is cooked through
8. Serve immediately with rice and veggies!



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