

Oven Roasted White Fish (seafood)

Prep Time: 25 minutes, **Cook Time:** 25–30 minutes, Serves: 6

Ingredients

For the Fish

- 6 trout, whiting or cod fillets (12 oz.)
- 2 tablespoons olive oil
- Salt and freshly ground black pepper
- 1 teaspoon smoked paprika
- 1 lemon, thinly sliced

Hazelnut Brown Butter Sauce

- 8 tablespoons (1 stick) unsalted butter
- ½ cup toasted hazelnuts, roughly chopped
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 tablespoon chopped fresh parsley
- Pinch of salt
- Fresh cracked black pepper



Instructions

Prepare the Fish

1. Preheat the oven to **400°F**.
2. Pat the fish dry and season both sides with salt, pepper, and smoked paprika.
3. Bake on a parchment-lined baking sheet for **15–25 minutes**, or until the fish flakes easily with a fork.

Make the Hazelnut Brown Butter Sauce

1. Melt the butter in a medium saucepan over medium heat.
2. Cook, stirring occasionally, until the butter turns golden brown and smells nutty (about 5–7 minutes).
3. Stir in the toasted hazelnuts and cook for 1 minute.
4. Remove from the heat and whisk in the lemon juice and Dijon mustard.
5. Finish with parsley, salt, and black pepper.
6. Transfer the trout to a serving platter and generously spoon the warm hazelnut brown butter sauce over the top and serve.