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### **Baked Fish-3 Ingredient Recipe**

**Serves 4**

**Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.**

4 fish fillets or steaks of any kind of fish, skin on or off to taste  
Extra-virgin olive oil  
Fine sea salt  
Black pepper  
Lemon wedges, for serving  
Optional: fresh herb-parsley, mint, dill

### **Equipment for class**

Baking sheet



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1. Heat your oven to 400 degrees. Measure fish fillets at the thickest part. You will roast your fish for 10 minutes per inch of thickness. Drizzle fish with olive oil, sprinkle with salt and pepper and place on a rimmed baking sheet, skin side down if you've left the skin on.
2. Roast fish for 10 minutes per inch of thickness, until the fish is opaque and tender when pierced with a fork but before it starts to flake. Drizzle with more olive oil. If using additional fresh herbs, sprinkle some on each fillet and serve with lemon wedge.