



# Recipes

## Fish

### **Ideal Dill Fish**

*Prep Time: 5 minutes*

*Cooking Time: 10 minutes*

*Yield: 4 servings*

#### **Ingredients:**

4 4-ounce cod fillets

Dash of sea salt

Dash of black pepper

1/2 cup fresh dill

1 tablespoon fresh lemon juice

#### **Directions:**

1. Rinse fish.
2. Season with salt and pepper.
3. Finely chop dill.
4. Fill a skillet with about 1/2 inch of water and lemon juice and heat till steaming.
5. Drop in fish, cover top with dill and cook until fish is cooked, about 5 to 7 minutes.
6. Serve immediately.