



Seafood Doctor

Doc's Choice® Baked Walleye Pollock

Prep Time: 15 Minutes

Cook Time: 30 Minutes*

Serves: 3

Total Time: 35 Minutes

INGREDIENTS

3	Thawed 5/7 oz Walleye Pollock Fillets
1	Clove of Garlic Minced
1/4 Cup	Melted Butter
1/4 Tsp.	Crushed Red Pepper or Cayenne Pepper Powder
1 Tsp.	Lime Juice
2 Tsp.	Lemon Juice
2 Tsp.	Soy Sauce
	Add Salt and Pepper for taste

DIRECTIONS

Preheat oven to 400°F.

Combine minced garlic clove, melted butter, crushed red pepper (or cayenne powder), lime juice, lemon juice, soy sauce, salt and pepper in a bowl.

Place Walleye Pollock fillets in a baking dish and pour mixed ingredients over fillets.

Place baking dish into oven on center rack and cook for 30 minutes or until fish flakes easily with a fork

After 10 minutes, baste the fillets. Then after another 10 minutes, baste the fillets.

HOW TO BASTE

Use a spoon like kitchen utensil to scoop up the mixture in the dish and pour it over the fillets. This helps to moisten, flavor, and add texture to the fillets.

*Cooking times may vary. Cook until fish flakes easily with a fork.

**Recommended using 1lb of fillets, if not, scale back recipe slightly.