

Fish Roasted in Capers and Lemon Butter

4 x 200g firm white fleshed fish fillets

2 tablespoons salted capers, rinsed

1 tablespoon finely grated lemon zest

½ cup finely grated parmesan cheese

60g butter, softened

Cracked black pepper

Preheat the oven to 200°C. Place the fish fillets in a baking dish lined with non-stick baking paper.

Combine the capers, lemon zest, parmesan, butter and pepper. Spread the mixture over the fish.

Bake for 20 minutes or until the fish fillets are cooked and the tops are golden.

Serve with steamed asparagus, or broccoli, and roast potatoes.