



Sweet Dijon Basa Fillet

Savannah · 30/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

This basa fillet recipe is a hidden treasure and results in the most delicious tender fish I have ever had Its sweet tangy and downright delicious This recipe was so good my family wanted it again the very next day You can use it with any fish fillet

Ingredients

— - ¼ cup honey - 3 tablespoons mayonnaise - 2 tablespoons olive oil - 2 tablespoons whole-grain Dijon mustard - 1 tablespoon lemon juice - 4 (4 ounce) fillets swai fish

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Mix honey
2. mayonnaise
3. olive oil
4. mustard
5. and lemon juice together in a bowl. Place each fish fillet on separate pieces of aluminum foil. Drizzle honey sauce over each fish fillet. Gently wrap the aluminum foil around each coated fish fillet
6. crimping the foil together over the top to seal into a packet. Bake fillets in the preheated oven until fish flakes easily with a fork
7. about 13 minutes. Place one fish fillet on each serving plate and top with leftover sauce from foil packet.
Cook's Note I like to use the Dijon mustard that has all the seeds in it because it makes this dish look much more like a professional chef did it
8. but you can really use any kind of Dijon mustard you want.