

Baked Spicy Speckled Trout



Serves 4

Ingredients

- 2 pounds of speckled trout fillets
- 2 Tablespoons minced onion or shallot
- ¼ cup stick unsalted butter melted
- 2 Tablespoons fresh lemon juice
- 1 teaspoon salt
- 1 teaspoon paprika
- 2 teaspoon red pepper flakes
- dash black pepper
- 1 Tablespoon capers rinsed
- 2 Tablespoon chopped parsley

Instructions

1. Heat oven to 350 F.
2. Butter a baking dish or casserole pan -large enough so that the fillets aren't crowded.
3. Lay the fillets in a single layer in pan
4. Whisk the melted butter, lemon juice, capers, minced onion or shallot, salt, paprika, red pepper flakes, black pepper until well blended. Pour the sauce evenly over the fillets.
5. Bake in the heated oven for 20 to 25 minutes. The fillets will be firm but still moist.
6. Serve immediately and spoon some additional sauce over the fillets.
7. Garnish with chopped parsley