Rosemary Sway

Ingredients

3 tablespoons olive oil

3 tablespoons fresh lemon juice

1 fresh lemon

4-5 sprigs of fresh rosemary

4 sway filets, (6 ounces each)

Salt and freshly ground pepper

Instructions:

1. Thaw fish and rinse the rosemary. Slice the lemon thinly and preheat oven to 450 degrees Fahrenheit.
2. Drizzle olive oil on pan. Lay clean rosemary sprigs across pan and place fish filets on rosemary. Sprinkle with salt and pepper. Lay two lemon slices on top of each filet.
3. Put fish into oven and cook about 12 to 15 minutes until the fish flakes with a fork.

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