



Servings 2

Prep Time 5 min

Cooking Time 15 min

Honey-Mustard Northern Pike



Directions

Step 1

Preheat oven to 400 degrees Fahrenheit. In a small bowl, combine mustard, honey, lemon juice, garlic and olive oil. Lay pike onto a rimmed cookie sheet lined with foil. Season fish with salt, and then brush the honey-mustard sauce on both sides of the fillet.

Step 2

Cut butter into smaller pieces and evenly distribute over the fish.

Step 3

Bake in a 400° oven for about 15 minutes, or until fish is cooked through and begins to caramelize. Sprinkle freshly cracked pepper over the fish and serve immediately.

Ingredients

1 northern pike fillet

1 tablespoon of Dijon mustard

2 teaspoons of honey

Juice of half a lemon

1 garlic clove, minced

1 tablespoon of olive oil

Kosher salt, to taste

Freshly cracked pepper, to taste

2 tablespoons of cold butter

