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Baked Ono with White Wine & Mustard Drizzle

Makes 2 servings

Ingredients:

2 - 4 oz Ono fillets
salt and pepper to taste

Drizzle ingredients:

1 tablespoon stone ground mustard
1 teaspoon fresh rosemary, finely chopped
2 tablespoons white wine
1 tablespoon water
1/2 to 1 teaspoon maple syrup

Directions:

1. Sprinkle a little salt and pepper on both sides of Ono.
2. Bake Ono fillets in 400 F oven for 8-10 minutes (4-5 minutes each side).
3. Broil for 1 minute.
4. In the meantime, prepare drizzle by placing mustard and rosemary in small pan on stovetop at medium.
5. Add wine, water and maple syrup.
6. Stir continuously until well mixed.
7. Add drizzle over baked Ono.

Note: You can also grill the Ono instead of baking.