

2-3 lbs Panfish Fillets

1 stick butter

Fresh chopped parsley, or try chives

Cajun Spice

Dash O'Lemon or Lemon Juice (you decide)

Coat a glass (never tried a metal pan but guess it would work fine too) oven dish with butter. Place panfish fillets in dish and pour melted butter over fish, sprinkle with Cajun Spice and the chopped parsley.

Bake in a 400 degree oven until the fish is done, about 12-20 minutes (depends on size of fillets). When you remove the fish from the oven, sprinkle it liberally with Dash O'Lemon or squirt with Lemon Juice. Serve immediately.
Great if served over rice pilaf or Mexican style rice