

# Recipe:

## BAKED FISH PARMESAN

Date:

Total Servings	Diet Type
6 - 8	➤ GENERAL <input type="radio"/> GLUTEN-FREE <input type="radio"/> VEGAN <input type="radio"/> KETO <input type="radio"/> OTHER -

### Ingredients

Raw fish filet - 6 to 8 pcs.  
(Catfish, Cod, Whiting,  
Tilapia, etc)

Milk - 1 cup (Optional)

Salt - 1 ½ TBSP, add more  
if needed

Seasoning: ½ TBSP each -  
- Lemon pepper, Garlic  
powder, Onion powder,  
Paprika (or other dry herbs  
of choice)

Parsley or Dill - ¼ cup fresh  
chopped / Dry - 1 TBSP  
(Optional)

Egg - 1 large

Parmesan cheese - 1 cup

Corn flakes - 2 cups

### Preparations & Cooking

1. Soak the fish filet in milk for 30 minutes to an hour.  
Drain the filets and discard the liquid. Pat the filets dry  
using paper towels. Set aside. **Skip this step if desired.**

2. Preheat the oven to 350 F. Season the filets with salt  
and the rest of the seasoning. Gently rub and massage  
the seasoning into the fish.

3. Run the corn flakes in the food processor until the  
cereals are fine crumbs.

4. Combine the corn flakes crumbs and parmesan cheese  
together. Add the parsley or dill if desired. Transfer in a  
bowl.

5. In another bowl, beat the egg and add 1 TBLS of milk,  
a pinch of salt and pepper.

6. Prepare a baking dish. Line with baking paper or  
simply grease the dish generously.

7. Dip each filet in the egg wash then roll it over the  
parmesan and corn flakes mixture. Repeat the process  
until all the filets are fully covered.

8. Lay the filets in the baking dish.

9. Bake for 15-25 minutes.

Total Cost:

Prep Time:

Cook Time:

30 - 45 minutes

25 minutes