

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 fillet - 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 fillet 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