Crispy Lemon Fish

Prep: 10 minutes | Cook: 12 minutes | Total: 25 minutes

Yield: 2 servings | Serving Size: 5 ounces of fish

Ingredients

2 tablespoons lemon juice

2 tablespoons olive oil

1 teaspoon butter, melted

¼ cup all-purpose flour

½ teaspoon ground coriander

½ teaspoon paprika

½ teaspoon ground cumin

¼ teaspoon salt

¼ teaspoon pepper

10-12 ounces white fish fillets, (e.g. cod, haddock, tilapia)

Directions

1. Preheat oven to 400°F.
2. In a medium bowl, mix lemon juice, 1 tablespoon olive oil and melted butter. Set aside.
3. In another medium bowl, mix flour, spices, salt and pepper.
4. Pat fish dry with paper towels.
5. Dip fish into the lemon mixture to coat and then dredge in the flour mixture, covering both sides.
6. Heat skillet over medium heat and add 1 tablespoon oil.
7. Add fish filets and cook for 3 minutes on each side (fish will not be cooked through).
8. Place fish on a baking pan. Drizzle leftover oil and lemon mixture over the fish.
9. Bake for 8-10 minutes until cooked through and fish flakes easily with a fork.
10. Remove from the oven and sprinkle with fresh parsley.

Recipe Notes

- Serve over rice with a side of vegetables or salad.
- To reduce the sodium content, omit or reduce the salt.

Nutrition Facts Per Serving: Calories: 280 | Total Fat: 11 g | Saturated Fat: 2.5 g
Sodium: 440 mg | Total Carbohydrate: 13 g | Dietary Fiber: 1 g | Protein: 32 g

Adapted from themediterraneandish.com| Submitted by Robin LaCroix, RD, CSO
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