

Idiot's Kitchen Recipe – Easy Baked Fish with Lime Panko Topping

Recipe from www.idiotskitchen.com – adapted from myrecipes.com



Ingredients:

2 Fish Fillets such as Tilapia, Swai, Red Snapper, Cod or Sole
2 Tablespoons Fresh Lime Juice – about the juice of 1 lime
2 Tablespoons Mayonnaise (Light, preferred)
1/8 teaspoon Onion Powder
¼ teaspoon Black Pepper
½ Cup Panko* Breadcrumbs
1 ½ Tablespoons Butter, melted
Finely chopped Fresh Parsley
Non-stick Cooking Spray

Preheat the oven to 425 degrees.

In a small bowl, combine 1 Tablespoon lime juice with 1 Tablespoon light mayonnaise, 1/8 teaspoon onion powder and ¼ teaspoon freshly ground black pepper. Whisk until smooth.

Spray a large baking dish with non-stick cooking spray. Place the boneless, skinless fish fillets in the baking dish and spoon the lime/mayo sauce over the top of each fillet.

Sprinkle ½ cup of Panko* breadcrumbs over the top of the fillets. Drizzle 1 ½ Tablespoons of melted butter over the breadcrumbs.

*Panko breadcrumbs are lighter and flakier than regular store bought dried breadcrumbs. They can usually be found in the baking aisle or Asian foods section of the grocery store.

Bake at 425 degrees for 20 minutes until the breadcrumb topping is golden brown. Top with finely chopped parsley and serve immediately.