

## Idiot's Kitchen Shopping List

### – Gluten Free Panko & Lime Baked Fish

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



1 pound flaky white fish fillets – cod, snapper, swai, tilapia, etc.

1 lime

1 medium shallot (not pictured – substitute for the onion powder crossed out above)

Fresh Parsley for garnish

2 Tablespoons mayonnaise

1½ Tablespoons butter

½ cup GF panko bread crumbs\* (or regular panko breadcrumbs if you're not GF)

Salt & Pepper

\*Avoid the high cost of buying Gluten Free breadcrumbs by making your own. Toast 2 pieces of gluten free bread (I use Udi's) in the toaster until golden brown and fairly dried out. Tear them into pieces and grind the up in the food processor using the pulse function until you have smallish crumbs. (Avoid just grinding them into powder for this recipe.)