

Fried Sand Dabs



Ingredients:

- 2 pounds Sand Dab Fillets
- 1 egg (beaten)
- 2 cups Panko Bread Crumbs
- Salt & Pepper
- Butter (for frying)
- Lemon Wedges for garnish

Method:

1. Dip the sand dabs into the beaten egg;
2. Season with salt and pepper, roll in Panko bread crumbs.
3. Heat a large skillet, add butter, and fry until golden brown and crispy.
4. Serve with lemon wedges.