



Oven-Fried Crunchy Fish Fillets



Ingredients:

- 2 Large eggs
- ¼ Cup Hellman's or Duke's mayonnaise
- ¼ Cup all-purpose flour
- 2 tsps Lemon zest
- ½ tsp Salt
- ¼ tsp Fresh ground black pepper
- 2 Cups Panko Crumbs
- 2 TBLs Vegetable oil
- 4 (6-8 ounce) skinless cod fillets, 1 inch thick (or any firm white meat fish)

Method:

1. Adjust oven rack to the middle position and pre-heat to 425°F. Line a rimmed baking sheet with aluminum foil, then place a wire rack sprayed with vegetable oil on top.
2. Whisk mayonnaise, flour, lemon zest, salt, and pepper together in a shallow bowl.
3. Toss Panko and oil in a bowl until evenly coated. Microwave, stirring frequently until lightly brown, about 1 to 3 minutes. Transfer toasted panko to a second shallow bowl.
4. Pat the fillets dry with towels. Working with 1 fillet at a time, dredge fillets in egg mixture, letting excess drip off. Then coat with Panko mixture, pressing gently to adhere. Transfer fillets to the prepared rack.
5. Bake until the crumbs are golden brown and fillets register 135°F, about 12 to 16 minutes, rotating half way to cook both sides evenly.
6. Transfer to a platter and serve.