



Servings 4

Prep Time 5 min

Cooking Time 30 min

## Baked Parmesan Sauger



### Ingredients

4 sauger fillets

1 egg

1 tablespoon of milk

¼ cup of all-purpose flour

¾ cup of panko breadcrumbs

½ teaspoon of salt

½ teaspoon of dried basil

½ teaspoon of dried oregano

1 stick of butter, melted

4 teaspoons of grated Parmesan cheese,  
plus extra

Lemon wedges, for serving

### Directions

#### Step 1

Preheat oven to 400° Fahrenheit. In a wide, shallow bowl, beat egg until it starts foaming and losing its “goopy” consistency, and then mix in milk. In another similarly sized bowl, pour in flour. In a third bowl, mix panko, ½ teaspoon of salt, basil and oregano.

#### Step 2

Line a rimmed cookie/baking sheet with foil, and generously grease it with melted butter. Set aside.

#### Step 3

Lightly coat each fish fillet with flour, then with egg and then cover with the panko mixture. Lay coated fish in one layer onto the greased cookie sheet.

#### Step 4

Evenly divide and sprinkle the grated Parmesan cheese on top of the fish. Add more cheese as desired.

#### Step 5

Evenly divide and sprinkle the grated Parmesan cheese on top of the fish. Add more cheese as desired.

Bake in a 400° oven for 20-30 minutes, or until Panko becomes golden and crispy.

Serve immediately with lemon wedges on the side.

