



Servings 2

Prep Time 15 min

Cooking Time 20 min

Parmesan-Crusted Bluegill with Balsamic Salad



Ingredients

8 bluegill fillets

1/3 cup of Progresso Italian-style breadcrumbs

Heaping 1/8 cup of grated Parmesan cheese, plus extra

1 egg

1 tablespoon of milk

1/4 cup of all-purpose flour

Canola/vegetable oil for frying

Salad greens for two

Small handful of cherry/grape tomatoes, halved

Balsamic vinaigrette, to taste

Salt, to taste

Directions

Step 1

In a wide bowl, combine breadcrumbs and cheese. In a second bowl, beat 1 egg with milk until egg whites are no longer visible. In a third bowl, add flour.

In a frying pan, heat about 1/2 inch of oil to 325° Fahrenheit. Meanwhile, coat bluegill fillets in this order: flour—shaking off excess, egg and then coat with breadcrumbs. Lay coated fish on a cookie sheet while oil comes to temperature.

Step 2

When oil reaches about 325°, lay the coated fish flesh-side down first into the hot oil. Do not overcrowd the pan—fry in batches if needed. Fry until golden and then flip to fry the other side.

Step 3

Drain fried fish on paper towels and season with salt to taste. Add salad greens to a mixing bowl and toss with balsamic vinaigrette, tomatoes and Parmesan cheese. Serve immediately with warm fish.

