

TIM FARMER'S COUNTRY KITCHEN

BAKED PARMESAN CRUSTED FISH

Fish filets

Parmesan cheese

Mashed potato flakes

Panko breadcrumbs

Seasoning salt

Pepper

1 tablespoon water

3 eggs



Preheat oven to 450 degrees. Grease baking dish. Mix together equal parts cheese, potato flakes and breadcrumbs in bowl (amount will depend on amount of fish. Adjust as needed). Stir in seasonings as well. In separate bowl, mix together water and eggs until smooth. Dip fish in eggs, then roll in dry mix until coated. Place in baking sheet. Put in oven for 15-20 minutes, until fish is flaky.