



## ITALIAN STYLE BAKED POLLOCK

### Ingredients

- 4 fillets of Alaska pollock
- 1 cup all purpose flour
- 2 eggs, beaten
- 2 cup panko breadcrumbs (You could use Italian breadcrumbs or homemade if you wish; the panko does give off a better crunch, though!)
- 4 tablespoons grated Parmesan cheese
- 2 teaspoons Italian seasoning
- 2 medium lemon, zested then cut into wedges for serving
- A few pinches of salt and pepper

### Preparation Steps

- Preheat your oven to 375° F.
- Cover a baking sheet with parchment paper; set it aside.
- Set up your breading station with three shallow trays or pie plates for your: one for flour, one for panko breadcrumbs, and one for a beaten egg. Mix the grated parmesan, lemon zest, and Italian seasoning into the breadcrumbs.
- Gently pat the fish fillets with paper towels to remove excess moisture; season them with some salt and pepper, then dredge each fillet one by one into the flour, the egg, and then the breadcrumb mixture. Place onto the baking sheet when done.
- Transfer the baking tray of fish into the oven and bake for about 15-20 minutes or until the internal temperature reaches 145° F. (You can check the exact temperature easily with a meat thermometer.)
- When done, remove from the oven and serve with lemon wedges for spritzing.