

Alaska Cod Parmigiano



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 8

Ingredients:

Alaska Cod:

1 ½ lbs. Alaska Cod fillets, cut into 3 oz. portions

1 ½ oz. flour

½ tsp. + ¾ tsp. salt, divided

2 eggs, large

2 ½ oz. breadcrumbs, unseasoned

1 ½ oz. Parmesan cheese, finely grated

¼ tsp. oregano

Canola oil spray, as needed

Assembly:

10 oz. marinara sauce, prepared

28 oz. whole wheat shell pasta, cooked

3 oz. Parmesan cheese, for garnish

Description:

Alaska Cod:

1. Place flour in a shallow dish. Season with ½ tsp. salt.
2. Place eggs in a separate shallow dish and whisk to break up.
3. In another shallow dish, combine breadcrumbs, Parmesan cheese, oregano and ¾ tsp. salt.
4. Bread each fillet by dipping first in flour, then egg and finally with breadcrumbs, taking care to fully coat each piece with each mixture.
5. Spray a sauté pan with oil and pan fry on each side until cooked and golden brown, 3-4 minutes per side.

Assembly:

1. Heat marinara sauce and toss with cooked pasta. Place approximately 3 oz. on a dinner plate.
2. Place the fish on the side of the cooked pasta and sprinkle with Parmesan.