

# Crunchy Fish Sticks

Serves Four



## Ingredients

- 2 pounds fish fillets (I use tilapia)
- 2 eggs
- 1 tablespoon water
- ½ cup flour
- 2 teaspoons Old Bay seasoning
- ¼ teaspoon Kosher salt
- 3 cups cup panko
- ¼ cup fresh Italian parsley, finely chopped
- ½ cup grated parmesan cheese
- Zest of one lemon
- 3 tablespoons olive oil (for the pan and top of fish)

## Steps

1. Preheat oven to 375°F. Spray or brush a foil-lined baking sheet pan with olive oil.
  2. Cut fish into strips that are about 2 inches wide. Pat down fish with a paper towel.
  3. Get three bowls ready (large cereal bowls, pasta bowls or pie plates work well). In the *first bowl* stir together flour, Old Bay seasoning and salt. In the *second bowl* whisk eggs with water. In the *third bowl* stir together the panko, parsley, parmesan cheese and lemon zest.
  4. Get ready to dip! Take each fish strip and first roll it around the flour mixture. Then dip both sides in the egg mixture followed by the panko mixture making sure you are coating all of the fish with panko. Place strip on the prepared sheet pan and repeat process with the rest of the fish.
  4. If you have an oil spray bottle/can, spritz the tops of the fish with oil (this helps crisp up the panko). If you don't have a bottle, try drizzling on a little oil. Bake sticks for about 25-30 minutes, or until the tops are crunchy (turning a deep golden brown).
- \*\*These freeze really well and make a quick weeknight dinner. To freeze, place the baking sheet pan with prepared, UNBAKED fish in freezer until the fish are almost frozen (2-3 hours). Then pop the fish off the tray and place carefully into a gallon-size zip top bag. Squeeze air out and freeze until ready to bake!)**