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## RACKS Recipes: Fish

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### Crispy Fried Fish Fillets

1/4 c. butter  
1 tsp. lemon juice  
1/2 c. cornflake crumbs  
1/2 c. dry bread crumbs  
1 tsp. salt  
Dash of pepper  
1 lb. fish fillets, cut into serving pieces try to de-bone  
Paprika  
1/4 cup minced parsley

Place butter and lemon juice in an 11 3/4 x 7 1/2 x 1 3/4 inch baking dish.

Microwave on High (100%) for 45 seconds to 1 minute.

Mix together crumbs, salt and pepper. Dip both sides of fillet in lemon butter, then coat with crumb mixture. Place fillets in baking dish with remaining butter. Sprinkle with paprika. Microwave, uncovered, on High for 8-10 minutes or until fish flakes with a fork. Halfway through cooking, turn fish over and sprinkle with paprika. Allow 5 minutes to cool before serving. Sprinkle with parsley.