

Herb & Panko Tilapia

4 large tilapia filets
1 cup flour (I used a package of fish crust flour)
2 eggs, beaten
2 Tablespoons water
1-1/4 cup Panko breadcrumbs
2 Tablespoons fresh parsley, chopped
3 Tablespoons oil
Salt & pepper



1. Preheat oven to 400 degrees.
2. Line a cookie sheet with aluminum foil.
3. Rinse tilapia. Pat dry with paper towel. I seasoned ours with Borsari or you can use Salt & Pepper!
4. You will need three dishes or bowls to bread your tilapia. In the first bowl, add flour. In the second bowl, add beaten eggs and water. In the third bowl, mix together panko breadcrumbs & parsley!
5. Heat a large skillet over medium heat and add oil. If you do not have a very large skillet, you can cook your tilapia in batches and you will want to use just half of the oil at a time. Dip tilapia in flour, then egg mixture, then into breadcrumbs. Press breadcrumbs into tilapia. Place tilapia into hot oil.
6. Cook 2-3 minutes on each side to form a golden brown crust. The tilapia will continue to cook in the oven. Place tilapia onto prepared cookie sheet. Bake for 15 minutes.

Serve & Enjoy.