
Baked Orange Roughy

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 35 minutes

1 1/2 pounds Fresh Orange Roughy

1/2 cup mayonnaise (fat free or low-fat is fine)

1 lemon, juiced

1 teaspoon Dijon mustard

1 cup fresh bread crumbs

2 tablespoons shallots, minced

1 clove garlic, minced

1-2 tablespoons butter, melted

Preheat oven to 350 degrees. Spray 9x13 baking dish with cooking spray. Place Roughy in baking dish. In a small bowl combine mayonnaise, lemon juice and mustard. Spread mixture over Roughy. In a resealable plastic bag combine bread crumbs, shallots, garlic and melted butter. Shake to mix. Sprinkle bread crumb mixture over the Roughy. Bake uncovered until fish is done and crumbs are light brown and crispy, about 20-25 minutes depending on the thickness of the fish. It takes about 10 minutes per inch of thickness including topping. Enjoy!

Seafood Entrees