

Baked Fish Fillets

Recipe By Avigail Maizlik



Cooking and Prep:  35
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Serves:  6

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Nine Days

Diet: Pescetarian

Source: Family Table by
Mishpacha Magazine

Fundamental flavors, easy prep, easy bake — this fish is your friend. Change it up with panko crumbs for an extra crunch. Or if you're feeling really fundamental, make your own breadcrumbs! Take day (or week!) old bread, and process it in a food processor until they are coarse crumbs.

Ingredients (8)

Main ingredients

- 6 portions tilapia fillets (or any other type of fillet)
- 4 tablespoons **Gefen Mayonnaise**
- 3 tablespoons mustard
- salt
- pepper, to taste

3 cloves garlic, minced or 3 cubes **Gefen Frozen Garlic**

1 and 1/2 cups **Chef Jeff Panko Crumbs** (or bread crumbs as explained above)

3 tablespoons oil

Start Cooking

Prepare the Fish

1. Mix mayonnaise with mustard, salt, pepper, and garlic. Spread a generous amount on each fillet.
2. Pour the oil into an 8- x 12-inch (20- x 30-cm.) pan, and place the fillets in the pan. Sprinkle bread crumbs evenly over all the fillets and press down so the crumbs stay on.
3. Bake at 400°F (200°C) for 15-20 minutes, until the crumbs are golden.
4. Serve with lemon halves.