

“Crispy baked fish”

INGREDIENTS

Total Cook Time: 30 mins

2 Servings

Prep Time: 10 mins

- 2 OBC Baby Hake (Tilapia or Mackerel)
- 1 OBC Egg or 1 Egg white
- 1 tsp Water
- 1/2 tsp Lemon-pepper seasoning
- 1/4 tsp Garlic salt
- OBC Cooking Oil
- 4 Lemon wedges
- 1/3 cup Bread crumbs

DIRECTIONS

1. Heat oven to 180°C. Line baking sheet with foil; generously sprinkle with OBC Cooking oil. In a shallow bowl or dish, beat egg and water with wire whisk until well blended. In another shallow bowl or dish, mix bread crumbs, lemon-pepper seasoning and garlic salt.
2. Dip fish into egg mixture; coat with bread crumb mixture. Place on baking paper. Sprinkle with OBC Cooking Oil.
3. Bake 10 minutes. Turn fish, bake 5 to 10 minutes longer or until fish flakes easily with fork. Place fish on serving platter; garnish with lemon wedges.
4. Serve with fries, OBC Rice, OBC Three way mixed veg or OBC Maize meal.



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