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Matzah Breaded Fish

Ingredients

- 2 fish fillet, 3-4 oz. (250 g)
- 2 cups (500mL) of crushed matzah*
- 1 cup (250 mL) enriched flour
- 2 eggs
- 2 tsp (10 mL) paprika
- 2 tsp (10 mL) Old Bay Seasoning
- 2 tsp (10 mL) grated cheese
- Dash of parsley flakes
- Salt and pepper to taste



Directions

Wash hands before preparing recipe.

Pre-heat oven to 400°F (205°C). Set up 3 medium to large bowls for dipping and coating fish.

Mix crushed matzah and spices in one bowl. Place flour in the second bowl. Beat eggs in the third bowl. Dip fish into flour first, then eggs and last breadcrumbs until fully coated.

Transfer coated fillets onto a baking pan lined with aluminum foil or silicon baking liner.

Cook in 400°F (205°C) degrees oven for 20 minutes until internal temperatures reaches 145°F (63°C). Check temperature using a meat thermometer and insert into the thickest part of the fish.

Serve with brown rice, sweet potato or a vegetable of choice.

Note: Discard leftover egg, flour, and breadcrumbs that you used for dipping the raw fish.

*Substitute matzah bread with saltine crackers or stale bread, both crushed into crumb-size bits.

Recipe Submitted by: St. James Pantry Woodbridge



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