

# Parmesan & Potato Crusted Halibut



So easy anyone can make it!

Serves 4

1/4c canola oil

4 ~ 6oz halibut filets,  
skinned

1/2c flour

1/2c Parmesan cheese,  
grated

pinch cayenne pepper

salt and pepper

3 eggs

1t Dijon mustard

2T flat leaf parsley,  
chopped

4 Yukon Gold potatoes,  
peeled, grated

Mix together flour, Parmesan, cayenne pepper and salt and pepper and place in bowl.

Beat eggs and Dijon mustard together and add in flat leaf parsley. Place in a bowl.

Squeeze excess liquid from grated potatoes and spread out over a flat plate.

Dredge halibut filet in flour, then dip in egg mixture and then place on potatoes. Coat with potatoes on both sides.

Preheat oil to medium~high, add halibut and cook until potatoes are brown and fish is cooked half way through. Flip carefully and cook until fish is completely cooked ~ total cooking time should be about 10 minutes.

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**Debbie Spangler ~ Certified Personal Chef**

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