



PARMESAN COD FISH STICKS

PREPARATION TIME: 15 MIN

INGREDIENTS:

- 2 tablespoons of olive oil
- 2 pounds of cod cubes
- 1 cup all-purpose flour
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 cups plain breadcrumbs
- ¼ cup chopped fresh parsley leaves
- 4 tablespoons salted butter, melted
- ½ cup grated parmesan
- 3 large eggs
- Ketchup, for serving

INSTRUCTIONS:

1. Preheat the oven to 450 degrees F. Grease a sheet pan with the olive oil.
2. Cut the fish cubes into 2 ½ -inch-long and 1-inch-wide strips.
3. Combine the flour, salt, and pepper in a shallow bowl. Set aside.
4. Combine the breadcrumbs, parsley and butter with a fork in a separate shallow bowl. Add the parmesan and stir to combine.
5. Beat the eggs in a third bowl.
6. Bread the cod by giving the strips a good coating of the seasoned flour. Tap off any excess. Dip in the beaten eggs until coated. Roll the egg-coated fish in the crumb mixture. If need be, press the breadcrumbs into the cod. Place on the oiled sheet pan.
7. Bake for 10 minutes, then flip the fish sticks and continue cooking until the breading is deep golden and the fish is cooked through, about another 8 minutes.
8. Serve with ketchup.