

HOOKED ON FISH

Fresh. Simple. Sustainable.

Almond-Panko Crusted Walleye **Its Thyme 2 Cook**

Almond-Panko Crust

- ½ c. sliced almonds coarsely chopped
- ½ c. Panko breadcrumbs
- ½ Tbls. fresh thyme
- ¾ tsp. kosher salt
- ¼ tsp. ground pepper

Walleye

- 2 Tbls. Extra virgin olive oil
- 6-7 oz. walleye pike fillet
- 2 Egg whites, beaten
- kosher salt and ground black pepper, to taste
- additional sliced almonds, lemon slices and thyme sprig for garnish, if desired.

Almond-Panko Crust

Combine ingredients thoroughly in a bowl.

Walleye

Preheat the oven to 400°

In a large sauté pan or cast-iron pan, heat the oil over medium high heat. Season both sides of the fish with the salt and pepper.

Place beaten egg whites in shallow bowl. Dip only the top side of the fish into the egg white. Then, place the fish on baking sheet or large cutting board, egg white side up. Cover the egg white side of each fillet with the almond-panko crust mixture, pressing crust lightly to help it stick.

Add fish to the hot oil, crust side down. Cook crust side until golden brown (about 5 minutes.) Flip fish over in the pan. Note – If necessary, cook fillets in two batches, placing first batch on a clean plate (crust side up) while second batch browns. Then return all browned fillets to pan.

Finish fillets in the oven, baking for approximately for 8-10 minutes, or until done (fish flakes easily with a fork.) Once fish is cooked through, remove from oven, and serve with a scattering of additional sliced almonds, lemon slices and sprig of thyme, if desired.

Serves 6

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