

Baked Fish and Shrimp Poppers

1 egg
1/2 cup flour
1/2 cup Panko breadcrumbs
1 teaspoon Old Bay seasoning
Ground black pepper and salt, to taste
2 teaspoons dried parsley flakes
1/2 pound of fish cut into 1-inch chunks and/or whole thawed shrimp
Oil spray
Lemon wedges, for garnish

Preheat oven to 375 degrees and line a baking sheet with parchment paper or foil.

Whisk the egg in a small bowl, then add the flour to one plate and the Panko and seasonings to another. (I used paper plates – quick clean up!)

One at a time, press each piece of fish and/or shrimp in the flour, then dip into the egg. Next press into the Panko mixture on all sides until fully-coated. Place each piece onto the baking sheet without touching. Spray generously with oil spray on one side, then gently flip each piece over and spray the other side.

Bake for about 3 minutes, turn each piece over with tongs and bake for about another 3 minutes until the fish and/or shrimp is cooked through and no longer translucent. Serve with lemon wedges and sauce of choice.