

Tilapia Strips



Ingredients

1 lb tilapia, cut into 1 inch strips (about 5 filets)

Salt and pepper to taste

1/4 cup mayo

2 lemons, cut into wedges

2 tbsp all purpose flour

1 cup panko bread crumbs

2 tbsp olive oil



Directions

Preheat the oven to 450. Season the fish with salt and pepper. Mix the mayo with the juice from 2 lemon wedges. To bread fish, place the mayo mixture, flour, and panko in 3 separate shallow bowls. Dredge the fish in flour until thoroughly coated, then in mayo, then in panko. Transfer the fish to baking pan, drizzle with olive oil. Bake until fish feels firm to touch, about 8 minutes. Move fish to top rack in the oven, broil until fish is golden brown, rotating the baking sheet to ensure even browning. Serve with store bought or homemade tartar sauce.

Homemade Tartar Sauce

Combine one cup mayo with juice of 1/2 lemon, 1 tbsp chopped capers, and 1 tbsp sweet pickle relish. Season with salt and pepper.