

# Panko Seared Boston Blue

## Ingredients

2 lbs Boston Blue Fillet  
Panko Bread Crumbs  
2 eggs  
Kosher Salt  
Black Pepper

4 tbsp Vegetable Oil  
1/2 Lemon, juiced  
1 tbsp Butter  
1 spring Fresh Thyme

## Directions

Preheat oven to 400 degrees F. Cut fish into serving size pieces and lay out flat. Place panko crumbs in a shallow dish. In another shallow dish, beat the two eggs. Season both sides of the fish with salt and pepper. Brush fish with egg wash. Then, dip fish into the panko crumbs.

In a heavy pan, add oil & heat till hot. Sear fish, only the side coated with bread crumbs, for 2 minutes or until crumbs begin to brown and crisp.

Once seared, place the skillet in the oven (do not flip fish yet) and cook 4-6 minutes or until opaque and cooked through. Remove from oven. Flip fish over and add lemon juice, butter, and sprig of thyme. Let melt and baste the fish with juice.

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