

# Crab Stuffed Fish

## Ingredients

1 lb fresh white fish: Cod / Haddock / Boston Blue / Fluke / Tilapia / Flounder  
1 cup soft bread crumbs  
1 cup crabmeat  
1 small onion, finely chopped  
1 egg, lightly beaten  
1/2 tsp salt

Dash cayenne pepper  
3 tsp butter, melted, divided  
1 tbsp flour  
1/2 cup chicken broth  
Grated parmesan cheese

## Directions

In a bowl, combine bread crumbs, crab, onion, egg, salt and cayenne. Spoon onto fillets; roll up and secure with a toothpick. Place in a greased 2 qt broiler proof dish. Drizzle with 2 tbsp butter. Bake, uncovered, at 350° for 25-30 minutes or until fish flakes easily with a fork.

Meanwhile, for sauce, place remaining butter in saucepan. Stir in flour until smooth. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Drain liquid from baking dish. Spoon sauce over fillets. Sprinkle with cheese. Broil for 5 minutes from heat until cheese is melted.

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