

Pan Seared Haddock with Basil Sauce

Ingredients

4 Haddock Fillets
1/4 cup fresh basil, minced
1/4 cup less sodium chicken broth
2 tbsp grated parmesan cheese
4 tsp extra virgin olive oil
1 tsp salt, divided
2 garlic cloves, minced
1 tsp lemon pepper seasoning

Directions

Combine basil, broth, cheese, oil, 1/2 tsp salt and garlic in a small bowl.

Sprinkle fish with remaining 1/2 tsp salt & lemon pepper seasoning. Heat a large skillet coated with cooking spray over medium high heat. Add fish; sauté about 5 minutes per side, or until fish flakes easily with a fork.

Serve fish with the basil mixture.

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