

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Really Orange Roughy

Similar to Recipe in "The Comfort Food Diet"

I don't know why they call it "orange roughly;" it's not orange to me. This version definitely IS, though, and it's also spicy...

*1 cup crushed regular cornflakes
1 tsp mixed dried herbs (Italian works)
1-2 tsp lemon pepper
1 tsp kosher salt
4 egg whites
1 oz water (or water-milk mix)
1 oz Sriracha hot sauce
4 fresh orange roughy fillets, 5-7 oz each
¼ cup all-purpose flour
curly parsley, for garnish
lemon wedges*

Heat oven to 425° F. In a shallow dish, combine cornflakes, herbs, lemon pepper and kosher salt. In another shallow dish, beat egg whites with water and Sriracha to make an egg wash. In a third shallow bowl, add flour. Coat fish by first rolling in flour, then in egg wash, then in seasoned flakes. Place on a baking sheet coated with non-stick spray or parchment. Bake for 9-11 minutes, or until the fish flakes easily.

Garnish with parsley and serve with lemon wedges for squeezing.

Don't worry, it's not as spicy as it might seem. You can leave out the Sriracha, but if you do, use ¼ cup of water or water-milk mix...

Yield: Four servings, approx. 240 calories each

Preparation time: 10 minutes

Cooking time: 10 minutes or so

