

Pan-Fried Perch

from

Joyce's Kitchen

Serves 4

- 1 lb. skinned perch fillets
- 1 Tbsp. Dijon mustard
- 1 lrg Egg white
- 1 t. dried thyme
- ½ t. black pepper (optional)
- ¼ c Yellow cornmeal
- 2 Tbsp. parmesan cheese, grated
- ½ t. salt (optional)
- Cooking spray
- 1 Tbsp. olive oil

Wisk together mustard and egg white; coat fish. In medium size bowl, stir together cornmeal, cheese, thyme, salt and pepper; dust each fillet with cornmeal mixture, making sure to cover both sides.

Coat skillet with cooking spray, add oil and fry fish, cooking 2 – 3 minutes on each side.