

Potato-Horseradish Crusted Wahoo

Ingredients

1 1/4 lb Wahoo fillets, cut into serving size pieces	1 tsp Dijon mustard
1 cup precooked shredded potatoes	1/2 tsp garlic salt
1 shallot, finely chopped	1/4 tsp fresh ground pepper
1 tbsp prepared horseradish	4 tsp reduced-fat mayonnaise
	1 tbsp canola oil

Directions

Combine potatoes, shallot, horseradish, mustard, garlic salt & pepper in a medium bowl. Spread each portion of fish with 1 tbsp mayonnaise. Top with 1/4 of the potato mixture, pressing onto the fish.

Heat oil in a large, nonstick skillet over medium high heat. Carefully place the fish in the pan, potato-side down and cook until crispy and browned, approximately 4-5 minutes until golden brown.

Gently turn the fish over, reduce heat to medium and continue cooking until the fish flakes easily with a fork, about 4-5 minutes more.

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