



Get Fresh

EVERYTHING- SPICED FLOUNDER w/TOMATO SALAD

(4 SERVINGS)

INGREDIENTS:

1 CUP PLAIN WHOLE-MILK GREEK YOGURT

1 LEMON

KOSHER SALT

½ CUP ALL-PURPOSE FLOUR

2 LARGE EGGS

1 ¼ CUPS PANKO

½ CUP RAW WHITE SESAME SEEDS

1/3 CUP EVERYTHING BAGEL SEASONING

4 THIN FLOUNDER FILLETS (ABOUT 1 ½ LBS)

1 ENGLISH CUCUMBER

½ MEDIUM RED ONION, THINLY SLICED

2 CUPS HALVED CHERRY TOMATOES

3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL

2 TABLESPOONS CHOPPED DRAINED CAPERS

½ CUP COARSELY CHOPPED DILL

FRESHLY GROUND BLACK PEPPER

1. PLACE YOGURT IN A SMALL BOWL AND FINELY GRATE IN ZEST FROM LEMON. SEASON WITH SALT & MIX WELL. CUT LEMON IN HALF, SET ASIDE.

CHILL LEMONY YOGURT UNTIL READY TO SERVE.

2. PLACE FLOUR IN SHALLOW BOWL. LIGHTLY BEAT EGGS IN ANOTHER SHALLOW BOWL TO BLEND. MIX PANKO, SESAME SEEDS & EVERYTHING BAGEL SEASONING IN A THIRD SHALLOW BOWL.

3. PAT FISH DRY & SEASON WITH SALT. WORKING ONE AT A TIME, DREDGE FILLETS IN FLOUR, SHAKING OFF EXCESS, THEN DIP IN EGG, LETTING EXCESS DRIP BACK INTO BOWL. DREDGE IN PANKO MIXTURE, PRESSING TO ADHERE. TRANSFER FISH TO A BAKING SHEET.

4. POUR VEGETABLE OIL INTO A LARGE SKILLET TO COME ¼" UP SIDES & HEAT OVER MEDIUM-HIGH. WORKING IN BATCHES, COOK FISH UNTIL GOLDEN BROWN & CRISP, 1-2 MINUTES PER SIDE. TRANSFER TO A WIRE RACK.

5. CUT CUCUMBER IN HALF LENGTHWISE, THEN THINLY SLICE CROSSWISE. COMBINE CUCUMBER, RED ONION, CHERRY TOMATOES, OLIVE OIL & CAPERS IN A LARGE BOWL. SQUEEZE IN JUICE FROM RESERVED LEMON HALVES & SEASON WITH SALT; TOSS TO COMBINE. ADD DILL; GENTLY TOSS AGAIN. TASTE & SEASON SALAD WITH MORE SALT IF NEEDED.

6. SPREAD SOME LEMONY YOGURT ON ONE SIDE OF EACH PLATE. PLACE FISH ALONGSIDE & TOP WITH SALAD; SEASON WITH PEPPER.