

Quick Haddock Sandwich

Ingredients

1 lb Haddock Fillets
Flour
Salt & Pepper
2 Sandwich Buns
Mayonnaise

Romaine Lettuce
Tomato, sliced
Red Onion, sliced, if desired
Cooking Oil

Directions

Cut haddock into serving size pieces, big enough to cover your bun. Sprinkle both sides of fish with flour, salt & pepper. Heat cooking oil in medium pan till hot.

Carefully place fish in pan and cook for 3-4 minutes per side. Remove from pan and dry on paper towels. Build your sandwich as desired with lettuce, tomato, mayo and onion.

Leftover fish makes a great salad over fresh greens for lunch the next day!

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