

Herb-Crusted Perch Fillets with Pea Puree'

Gregory Royster - North Lauderdale, FL
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Servings: 2

Preparation Time: 35 minutes

Cook time: 10 minutes

1 cup frozen peas
1/2 cup chicken broth
1 clove garlic, halved
1 tablespoon heavy whipping cream
2 tablespoons olive oil
1/4 cup all-purpose flour
1 egg, beaten
1/2 cup panko bread crumbs
1 tablespoon dried basil
1 tablespoon snipped fresh dill
1 tablespoon fresh thyme, minced
8 fillets (about 3/4 pound) perch
1/4 teaspoon salt
1/8 teaspoon white pepper
1/2 cup olive oil
lemon wedges

In a small saucepan, combine the peas, broth and garlic. Bring to a boil.

Reduce the heat and simmer, uncovered, for 4 to 5 minutes or until the peas are tender. Cool slightly.

Drain the peas and garlic. Transfer to a food processor.

Add the cream and two tablespoons of oil. Cover and process until puree'd. Set aside.

In separate shallow bowls, place the flour and egg.

In another shallow bowl, combine the bread crumbs, basil, dill and thyme.

Sprinkle the fillets with salt and pepper. Dip the perch, skin-side up, into the flour, egg, then bread crumb mixture.

In a large skillet over medium heat with olive oil, cook the fillets in batches for 3 to 4 minutes on each side or until the fish flakes easily with a fork.

Serve with the pea puree' and lemon wedges.

Per Serving (excluding unknown items): 1100 Calories; 77g Fat (63.1% calories from fat); 76g Protein; 25g Carbohydrate; 5g Dietary Fiber; 422mg Cholesterol; 788mg Sodium. Exchanges: 1 1/2 Grain(Starch); 9 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 14 1/2 Fat.