

### Breaded Fish

Yield: 4 servings

125 ml	<b>Valley Kitchen Breading</b>	1/2 cup
15 ml	your favorite seasoning	1 Tbsp
454 g	fresh haddock	1 lb
60 ml	<b>Valley Kitchen All-purpose flour</b>	1/4 cup
60 ml	egg wash or buttermilk	1/4 cup
15 ml	vegetable oil	1 Tbsp
15 ml	butter	1 Tbsp



**Per serving:** 270 calories, 13 g fat, 3 g saturated fat, 165 mg cholesterol, 130 mg sodium, 14 g carbohydrate, 3 g fiber, 27 g protein

1. Mix the Valley Kitchen Breading and your favorite seasoning together.
2. Sprinkle evenly onto a flat plate or place in a plastic bag.
3. Heat the butter and oil in a large pan.
4. Cut the fish into serving size pieces.
5. Dust with Valley Kitchen All-purpose flour.
6. Dip the fish into the buttermilk or egg wash.
7. Lay the fish on the seasoned flour and turn over to season both sides, or place in the bag and shake to coat.
8. Fry the seasoned fish in the hot butter/oil for about 2 minutes on one side. Turn over to the other side and finish cooking.

*Serve fresh and hot.*