

Honey Crusted Orange Roughy

Compliments of Chef Richard's Kitchen

4 Servings

4 orange roughy fillets
1 C Ritz crackers (after crushing)
2 Tbsp honey
1/4 C chopped parsley
1/2 tsp salt
1 large egg
1 Tbsp honey (for drizzling)
lemon wedges for garnish

vegetable oil for frying

Place crackers in plastic freezer bag and crush with rolling pin until the consistency of bread crumbs. Add salt and parsley flakes to bag and shake to mix.

Whip egg and 2 T honey in shallow bowl.

Dry off fish fillets and dip them into egg-honey mixture then place in bag with cracker crumbs. Close top of bag and shake well to coat fillets evenly. Do this two fillets at a time to ensure even coating.

Pour 2 Tbsp vegetable oil in saute pan over medium-high heat. When oil is hot, gently place fillets in pan. Check brownness on bottom of fillets after about 3 minutes. When golden, flip fillets. Drizzle remaining honey over tops of fillets. Cook until fish flakes off cleanly with a fork.

Remove from pan and place on plate. Garnish with lemon wedges.

Serve hot.



| Nutrition Facts | |
|--|-------------|
| Portion Size | 133 g |
| Amount Per Portion | 202 |
| Calories | |
| % Daily Value * | |
| Total Fat 5.1g | 7 % |
| Saturated Fat 1.2g | 6 % |
| Cholesterol 98mg ** | 33 % |
| Sodium 498mg | 22 % |
| Total Carbohydrate 22g | 8 % |
| Dietary Fiber 0.5g | 2 % |
| Sugar 14g | |
| Protein 17g | 34 % |
| Vitamin D 0.3mcg ** | 2 % |
| Calcium 44mg | 3 % |
| Iron 2.1mg | 12 % |
| Potassium 212mg | 5 % |
| <small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.</small> | |
| <small>** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.</small> | |

Source:

<https://www.nutritionvalue.org>