Parmesan Herb-Crusted Tilefish

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FRESH CATCH
SEAFOOD
4331 Mill Landing Rd.
Wanchese, NC 27981

A quick, flavorful, and creamy topping that locks in moisture for tilefish or any mild white fish.

Ingredients

- **4** tilefish fillets (or similar firm, mild white fish-like cod or halibut)
- **2 tbsp** mayonnaise
- **1 tbsp** Montreal steak seasoning (or your favorite herb/spice blend)
- **1 tbsp** Dijon mustard
- **1 tbsp** Parmesan cheese, finely grated (plus extra for topping)

Instructions

Oven Method (Bake & Broil)

1. **Preheat and Prep:** Preheat your oven to 400°F (200°C) and lightly grease a baking sheet or line it with parchment paper. Pat the fish fillets dry with a paper towel.
2. **Mix the Topping:** In a small bowl, combine the mayonnaise, Montreal seasoning, Dijon mustard, and Parmesan cheese. Stir until smooth.
3. **Coat the Fish:** Spread the mixture evenly over the top of each fillet.
4. **Bake:** Bake for **3 minutes** (adjust time upward for thicker fillets until the fish is nearly cooked through and easily flakes with a fork).
5. **Broil:** Switch the oven to broil for **2 minutes** to get the top golden brown and bubbly. Keep a close eye on it so it doesn't burn!

Air Fryer Method

- **Air Fry:** Place the coated fillets in the air fryer basket. Cook at 375°F (190°C) for **5 to 8 minutes** depending on the thickness of the fish, until the topping is golden and the fish is cooked through.