

## Orange Roughy with Lemon Sauce

### Ingredients

- 2 Orange roughy fillets (4 oz each or use any white fish of your choice)
- 1 Egg white
- 3 T Seasoned dried bread crumbs
- 2 t Olive or vegetable oil
- 1/3 c Water
- 1/4 c Dry white table wine
- 1 T Each parsley and fresh lemon juice
- 1/2 t Instant chicken broth mix
- 1 Garlic clove minced

### Instructions

1. Dip 1 fish fillet in the egg white, and then into bread crumbs. Coat both sides evenly; repeat for the remaining fillet. Be sure all sides are covered evenly!
2. In a 9 inch non stick skillet, heat oil; add fillets and cook over medium high heat turning once, until fish is cooked thoroughly and flakes easily when tested with a fork, usually 3-5 minutes on each side. Transfer fish to a platter and keep warm.
3. To the same skillet add garlic and cook over medium heat until golden, about 30 seconds. Stir in water, wine, parsley, lemon juice, and broth mix. Cook over high heat until mixture comes to a boil; continue to cook until mixture is reduced to about 1/4 cup, about 4-5 minutes. Pour over fish and serve.

This recipe is great with wild rice and steamed carrots in honey and brown sugar!!

*Courtesy of Meal-Master*

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