



## Panko-baked Norwegian Haddock — served with red bliss potatoes and fresh steamed green beans

Nothing goes together better than tiny roasted Red Bliss potatoes and steamed green beans—especially when accompanying our Panko-baked GO WILD™ Norwegian Haddock. GO WILD™ haddock is a delicate, lean fish that holds together well, one key reason so many restaurants use it for fish and chip offerings.

In this healthy version, the fish is partially baked, then topped with parmesan cheese and Panko breadcrumbs before it finishes cooking. (When the fish flakes and the top is browned, you know it's done.) A little salt and butter on your roasted red bliss potatoes and steamed green beans and you've got a great meal fit for a festive dinner party or a simple down-home supper with your family.

**Prep time:**  
15 minutes

**Cook time:**  
8 minutes

**Difficulty level:**  
Easy

**Serves:** 2

### Ingredients

1 tray GO WILD™ Norwegian Haddock  
1 lb red bliss potatoes, roasted  
1 lb green beans, steamed

#### ***Parmesan Panko breadcrumbs***

1 cup Panko Breadcrumbs  
½ cup parmesan cheese  
1 Tbsp olive oil

### Directions

***Parmesan Panko breadcrumbs*** — Mix all ingredients together and set aside.

#### ***GO WILD™ Norwegian Haddock***

Preheat oven to 425°. Oil a glass baking dish and bake haddock for 5 minutes.  
Remove from oven and top with parmesan Panko breadcrumbs. Return to oven and bake until fish starts to flake and breadcrumbs are browned. Serve with roasted potatoes and steamed green beans.

---

#### COOKING TIP

When the fish flakes and the top is browned, you know it's done.