

BBQ/Baked Spicy Fish

1½ cups Fry Krisp Hot & Spicy Fish Mix
¼ cup Grated Parmesan Cheese
¼ teaspoon Garlic Powder
3 tablespoons Teriyaki Sauce
1 tablespoon Lemon Juice (or juice of ½ lemon)
Fish Fillet or Fish Steak of your choice

Preheat oven to 350°

Season 1½ cups Fry Krisp Hot & Spicy Fish Mix by mixing together with Parmesan cheese and garlic powder. Rinse fish and roll in mix. Place fish on cookie sheet covered with foil and sprayed with vegetable spray. Mix Teriyaki sauce and lemon juice and sprinkle over fish. Bake in oven for 20-25 minutes or until fish is flakey. Time will depend on your piece of fish.

Option: Put foil on BBQ sauce and BBQ (covered if possible) for 15 minutes. Check to make sure fish is flaky. Time will depend on variety and size of fish.