

Annapolis Stuffed Rockfish

Prep Time: 20 minutes

Cook Time: 30 minutes

2 lb rockfish fillets
1/4 C olive oil
1/2 C breadcrumbs
1/4 C Parmesan cheese, grated
2 cloves garlic, minced

1 T Citrus Tea (Wiener Schnitzel) leaves,
finely ground
1 lemon, zested and juiced
1/4 C fresh parsley, chopped
Salt and pepper to taste

Preheat the oven to 375°F.

In a small bowl, combine the breadcrumbs, Parmesan cheese, garlic, Citrus Tea (Wiener Schnitzel) tea leaves, lemon zest, lemon juice, parsley, salt, and pepper.

Place the rockfish fillets on a baking sheet lined with parchment paper.

Drizzle the fillets with olive oil and top with the breadcrumb mixture, pressing gently to adhere.

Bake for 25-30 minutes or until the fish is flaky and the topping is golden brown.