



**For the Fish:**

**1/2 cup all-purpose flour**  
**1 large egg beaten**  
**1 cup panko bread crumbs**  
**1 teaspoon old bay seasoning**  
**1/2 cup Parmesan cheese shredded**  
**3 fillets cod filets or other white fish**

**For the Chips:**

**5 medium russet potatoes**  
**1 tablespoon olive oil**  
**1/2 teaspoon salt**  
**1/2 teaspoon black pepper**  
**1 pinch smoked paprika**

**For the Fish:**

Set up a breading station by adding all-purpose flour on one plate. Beat one egg in a separate bowl. On a separate plate mix panko bread crumbs, old bay seasoning, and Parmesan cheese.

Dip and coat the first fillet of cod with all-purpose flour. Dip and coat in the egg. Dip and coat in the panko bread crumb mixture. Place on a baking tray lined with parchment paper. Repeat with the remaining cod fillets.

Bake the fish in the oven at 350°F for 25-30 minutes or until golden brown and flakes easily with a fork.

**For the Chips:**

Cut potatoes into fries.

Place in a single layer on a baking sheet lined with aluminum foil and sprayed with nonstick cooking spray.

Drizzle with extra virgin olive oil and toss to coat.

Sprinkle over salt, pepper, and smoked paprika.

Place in a 350°F oven for 1 hour or until golden brown and crispy.

Serve the chips along side the fish.

Enjoy!