

## Crispy Parmesan Crusted Fish: A Simple Yet Elegant Dinner

If you're looking for a dish that's



**OVEN**  
**390°F**

**TIME**  
**20 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Fish:

2 firm white fish fillets (about 5 oz each, skin off, at room temperature)

2 Tbsp Dijon mustard (or substitute mayo)

Olive oil spray

Salt and pepper, to taste

For the Parmesan Crumb:

$\frac{1}{2}$  cup panko breadcrumbs

1 Tbsp parsley, finely chopped

$\frac{1}{3}$  cup (30g) Parmesan cheese, finely grated

1 garlic clove, minced

1 Tbsp olive oil

Pinch of salt

Step-by-Step Instructions:

1. Preheat the Grill or Broiler:

2. Make the Parmesan Crumb:

3. Season and Coat the Fish:

4. Cook to Perfection:

5. Serve Immediately:

Pro Tips for the Best Parmesan Crusted Fish:

Use Firm White Fish - Good choices include cod, haddock, snapper, halibut, or tilapia. These hold up well and stay tender.

Press the Crumb Firmly - This ensures it sticks and crisps up beautifully.

Don't Overcook the Fish - Fish is done when it

flakes easily with a fork. Overcooking makes it dry.

**Make It Spicier** - Add a pinch of red pepper flakes or smoked paprika to the crumb mix for extra kick.

**Add a Nutty Twist** - Substitute half the panko with crushed almonds or walnuts for extra crunch and depth.

**What to Serve with Parmesan Crusted Fish:**

**Garlic Butter Green Beans** - A fresh, vibrant contrast to the rich Parmesan topping.

**Lemon Herb Rice** - A light, citrusy side that complements the fish beautifully.

**Crispy Roasted Potatoes** - For a hearty, comforting meal.

**Simple Arugula Salad** - Tossed with olive oil, lemon, and shaved Parmesan for an elegant touch.

**FAQs (From My Kitchen to Yours):**

**Why You'll Love This Parmesan Crusted Fish:**

## DIRECTIONS

- 1.** Preheat the Grill or Broiler: I start by preheating my grill/broiler on high. If using the oven, I set it to 220°C/390°F. This ensures the fish cooks quickly and the topping turns beautifully golden.
- 2.** Make the Parmesan Crumb: In a small bowl, I mix together the panko breadcrumbs, Parmesan, minced garlic, parsley, olive oil, and a pinch of salt. The olive oil helps the crumbs crisp up and turn golden as they cook.
- 3.** Season and Coat the Fish: I lightly sprinkle both sides of the fish with salt and pepper, then spread Dijon mustard over the top of each fillet. The mustard acts as a glue for the crumb mixture and adds a subtle tangy flavor.
- 4.** Next, I firmly press the mustard-coated side of the fish into the Parmesan crumb mixture, ensuring an even coating. For an extra crispy result, I spray the crumbed side with a little olive oil spray.
- 5.** Cook to Perfection: I drizzle ½ tablespoon of olive oil into a hot skillet and place the fillets in, crumb-side up. Then, I transfer the skillet under the broiler for 5-6 minutes, rotating as needed. The fish is done when the crumb is golden brown and the fillets flake easily with a fork.
- 6.** For a no-fuss approach, I bake the fish at 220°C/390°F for 10-12 minutes. To get that extra golden top, I finish it under the broiler for the last 1-2 minutes.
- 7.** Serve Immediately: Once the fish is cooked, I plate it up right away with fresh lemon wedges for a bright, zesty contrast.

8. Pro Tips for the Best Parmesan Crusted Fish: Use Firm White Fish - Good choices include cod, haddock, snapper, halibut, or tilapia. These hold up well and stay tender.
9. Press the : Crumb Firmly - This ensures it sticks and crisps up beautifully.
10. Don't Overcook the Fish - Fish is done when it flakes easily with a fork. Overcooking makes it dry.
11. Make : It Spicier - Add a pinch of red pepper flakes or smoked paprika to the crumb mix for extra kick.
12. Add a : Nutty Twist - Substitute half the panko with crushed almonds or walnuts for extra crunch and depth.
13. What to Serve with Parmesan Crusted Fish: This crispy, cheesy fish pairs well with a variety of sides. Here are my favorites:
  14. Garlic : Butter Green Beans - A fresh, vibrant contrast to the rich Parmesan topping.
  15. Lemon : Herb Rice - A light, citrusy side that complements the fish beautifully.
  16. Crispy : Roasted Potatoes - For a hearty, comforting meal.
  17. Simple : Arugula Salad - Tossed with olive oil, lemon, and shaved Parmesan for an elegant touch.
18. FAQs (From My Kitchen to Yours): Q: Can I make this with frozen fish?A: Yes! Just thaw the fillets completely, pat them dry, and bring them to room temperature before cooking.
19. Q: Can I substitute the Parmesan?A: If you don't have Parmesan, try Pecorino Romano for a similar salty, nutty flavor.
20. Q: Can I air-fry this?A: Absolutely! Cook at 200°C/400°F for about 8-10 minutes until golden and crispy.
21. Q: What's the best way to reheat leftovers?A: For best results, reheat in the oven at 180°C/350°F for 5-7 minutes or in an air fryer to keep the crispiness.
22. Q: Can I make this gluten-free?A: Yes! Simply swap the panko breadcrumbs for gluten-free breadcrumbs or crushed cornflakes.
23. Why You'll Love This Parmesan Crusted Fish: This recipe is quick, easy, and incredibly flavorful. The crispy Parmesan crust adds the perfect crunch, while the mustard and garlic give the fish a deep, savory taste. It's the kind of meal that feels fancy but is effortless to make at home.
24. So, if you're looking for a healthy yet indulgent dish that comes together in minutes, give this Parmesan Crusted Fish a try! Let me know how it turns out and what you pair it with-I'd love to hear your favorite sides and variations.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/crispy-parmesan-crusted-fish-a-simple-yet-elegant-dinner/>