

## Parmesan Cheese Crumbled Fish for an Easy Crispy Weeknight Dinner

Parmesan Cheese Crumbled Fish



**OVEN**  
**390°F**

**TIME**  
**5 to 6 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the fish:

2 firm white fish fillets, about 5 ounces each, skin removed

2 tablespoons Dijon mustard, or mayo

Olive oil spray

Salt, to taste

Black pepper, to taste

For the crumb:

1/2 cup panko breadcrumbs

1 tablespoon parsley, finely chopped

1/3 cup finely grated Parmesan

1 garlic clove, minced

1 tablespoon olive oil

Pinch of salt

### DIRECTIONS

1. Preheat the grill or broiler: Preheat your grill or broiler on high.
2. Make the crumb topping: In a bowl, combine the panko breadcrumbs, parsley, Parmesan, garlic, olive oil, and a pinch of salt.
3. Mix well until evenly combined.
4. Season the fish: Sprinkle both sides of the fish fillets with salt and black pepper.
5. Spread : Dijon mustard over the top side of each fillet only.
6. Coat the fish: Press the mustard-covered side of each fish fillet firmly into the crumb mixture so the topping sticks well.
7. Spray the crumbed side lightly with olive oil spray.
8. Start on the stovetop: Drizzle 1/2 tablespoon of oil into a skillet and heat it over high heat.
9. Once hot, place the fillets in the skillet.
10. Finish under the broiler: Transfer the skillet under the grill or broiler and cook for 5 to 6 minutes, rotating if needed, until the crumb is golden and the fish is cooked through.
11. The fish should flake easily in the center once done.
12. Oven option: If using the oven, bake at 220°C / 390°F for 10 to 12 minutes, then finish briefly under the broiler on high to brown the crumb.
13. Serve: Serve immediately with lemon wedges and your favorite sides.

## SWAPS & NOTES

Firm white fish works best here because it holds together nicely under the crumb topping.

Cod, haddock, pollock, or another similar fillet can all work well.

Dijon mustard helps the crumb stick and adds a mild tang, but mayonnaise is a good substitute if you want a slightly richer finish.

Panko breadcrumbs are ideal for this recipe because they stay lighter and crispier than regular breadcrumbs, especially under the broiler.

## TIPS FOR SUCCESS

Use room-temperature fish if possible so it cooks more evenly.

Press the crumb mixture on firmly so it adheres well and stays in place during cooking.

The topping can brown quickly once it starts to crisp.

Check doneness by gently flaking the center with a fork.

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

Original recipe: <https://chefmaniac.com/parmesan-cheese-crumbled-fish-for-an-easy-crispy-weeknight-dinner/>