

GOLDEN BROILED ROCKFISH

Yield: Makes 4 servings

INGREDIENTS

1 1/3 pound rockfish fillet
1 Tbsp. light mayonnaise
1 Tbsp. lime juice
2 Tbsp. honey
2 tsp. Dijon mustard
1 tsp. dried Dill
1/8 tsp. Salt
freshly ground black pepper, to taste
1/3 cup Panko Bread Crumbs
2 tsp. margarine

PREPARATION

Combine the mayonnaise, lime juice, honey, mustard, and dill. Spread over the rockfish fillets and place on a broiling pan. Sprinkle the fillets lightly with salt and pepper. Pat the bread crumbs on top of the fish and dot with the margarine.

Broil about 5 inches from the heat source under a hot broiler for 12 minutes per inch of thickness, or until the fish flakes easily with a fork. Garnish broiled rockfish with lime wedges.

