



6470 E. Central  
Wichita, KS 67206  
(316) 425-TUNA (8862)

Hours:  
Tuesday-Friday 10-6  
Saturday 10-5  
Closed Sunday and Monday

## HERBED OVEN FRIED FISH

1 1/2 lbs. fresh fish fillets (salmon, trout, bass or whitefish)  
1/2 c. milk  
1/2 c. flour  
1 tsp. salt  
1 tsp. dried basil  
1 egg, beaten  
1/2 c. fine dry bread crumbs  
1/3 c. melted butter

Wash fish and pat dry. Cut into serving pieces. Dip fish first in milk, then in mixture of flour, salt and basil. Add egg to remaining milk. Add crumbs to remaining flour mixture.

Dip fish pieces into milk-egg mixture, then into flour-crumbs mixture.

Place into buttered baking dish. Drizzle with melted butter.

Bake at 450 degrees for 10 minutes or until fish flakes. Garnish with parsley and lemon.