

RECIPE

# Pan Seared Walleye



Ready in **20 minutes**

Serves **2 people**

**100 Calories / Filet**

## Ingredients

- 2x Walleye Fillets
- Seasoning/Toppings:
  - Old Bay
  - Salt
  - Pepper
  - Lemmon
  - Oregano
- Side Dish (We used Velveeta and Roasted Garden Grown Potatoes)

## Preparation

1. **Prep Fish:** Thaw your fillets, ensure there are no bones, skin, or scales left on fish. (you can leave skin on if preferred).
2. Sprinkle your walleye Fillet with a pinch of old bay, Salt, Pepper, and oregano. Place a lemon slice on top
3. **Cook Walleye:** Either bake in the oven at 350 for 12 mins (until flakey), or sear in a pan with butter for 3-5 mins on each side (until flakey)
4. **Cook your choice of Sides!**, we used Velveeta Mac & Cheese and Oven Roasted Potatoes!
5. Enjoy this simple, classic cooked fish dinner that is full of flavor

## Tips

This works for any white fish!