Haddock with Mayonnaise Sauce

written by The Recipe Exchange | June 2, 2015

Ingredients

1 1/2 lbs. haddock (or other white fish) fillets
2 Tbls. melted butter
salt and pepper – to taste
1 egg white
1/4 cup mayonnaise
1/4 cup grated Parmesan cheese
1 Tbls. chopped fresh parsley
2 Tbls. lemon juice

Directions

Place fillets on a broiler pan coated with non-stick cooking spray, brush with melted butter, season with salt and pepper, and broil for 10 minutes.

Whisk remaining butter with egg white, mayonnaise, cheese, parsley, and lemon juice; pour mixture over broiled fish.

Broil additional 2-3 minutes, or until browned.