Ingredients

Salmon – or any other fish

Mayonnaise

Panko

Parmesan

Preparation

1. Preheat the oven at 375°F
2. Place your fish on a metal pan with aluminum foil.
3. With a spoon, scoop out the mayonnaise to put on the salmon-without the spoon touching the salmon or you will contaminate your mayonnaise- and put on the salmon. Once you think you have enough mayonnaise, spread the mayonnaise over all the fish. Put it to taste. It doesn’t taste as strong once cooked.
4. Take the parmesan and sprinkle a layer over the mayonnaise. Once again, to taste.
5. Sprinkle the panko over the parmesan, to create a little crust to the fish.
6. Cook in the oven for about 20-30 minutes, depending on the thickness of your fish.