

Sweet and Spicy Glazed Fish

Makes 2-4 Servings

Ingredients

- 1 (16-ounce) package frozen white fish filets, thawed
- 1/4 cup pancake syrup
- 1 teaspoon garlic powder, or 3 cloves garlic, chopped small
- 1 teaspoon hot sauce
- 1/2 teaspoon salt
- 2 cups cooked long-grain white rice or brown rice, for serving
- 1 tablespoon chopped fresh parsley, or 1 teaspoon dried parsley (optional)

Directions

1. Preheat oven to 400 degrees. Place fish filets on a greased or parchment paper lined, rimmed baking sheet, and pat dry with paper towels.
2. In a small bowl, mix syrup, garlic, hot sauce and salt. Spread 1 tablespoon of the syrup mixture evenly over the top of each filet. Bake for 5 to 10 minutes until the fish reaches 145 degrees. The fish should flake easily with a fork. Serve over rice. Top with parsley (if using).



Recipe from: Feeding Pennsylvania and PA Eats