



Bangus Fillet Parmigiana with Garlic Spaghetti

INGREDIENTS

1 pack (450g) *SEAKING Boneless Milkfish (Bangus) Back Fillet*, sliced into small pieces
1/3 cup breadcrumbs
1/4 cup grated parmesan cheese, plus extra to serve
1/4 cup evaporated milk
1/4 teaspoon fine salt
1/4 teaspoon ground pepper
4 tablespoons butter, softened
1 (600-gram) can diced stewed tomatoes, drained with the liquid reserved
2/3 teaspoon dried Italian seasoning
1/2 cup mozzarella cheese, grated
1 bulb garlic, finely chopped
1/4 cup olive oil
250 grams spaghetti, cooked according to package directions
salt and pepper, to taste
basil leaves, for garnish

COOKING PROCEDURE

Make the *bangus* fillet parmigiana: preheat oven to 375°F. Combine breadcrumbs and parmesan cheese. Set aside.

Combine evaporated milk, salt, and pepper in a shallow dish. Marinate *bangus* fillet in milk mixture for 10 minutes.

Coat each slice in breadcrumb and cheese mixture. Press firmly for breading to adhere. Set aside.

Heat butter in a nonstick frying pan. Sear *bangus* fillets until brown on both sides. Add stewed tomatoes and Italian seasoning; simmer for 3 minutes. Add reserved liquid from canned tomatoes, then remove pan from heat.

Assemble *bangus* fillets in an oven-safe ceramic baking dish. Pour sauce over. Top generously with mozzarella cheese.

Bake in the preheated oven for 5 to 8 minutes or until mozzarella cheese melts.

Make the garlic spaghetti: sauté garlic in olive oil until golden. Add cooked spaghetti; mix well. Season to taste with salt and pepper.

To assemble, arrange garlic spaghetti on individual plates. Top with the baked *bangus* fillet. Pour sauce over and sprinkle with parmesan cheese. Garnish with basil leaves.