

## Sheet Pan Crispy Fish and Potato Wedges

Serves: 4

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### Ingredients

#### Potatoes:

- 2 pounds russet potatoes (about four ½-pound potatoes)
- 3 tablespoons olive oil
- 2 teaspoons paprika
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- Salt and pepper (to taste)

#### Fish:

- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 10 ounces cod (see note 2)
- 1 cup panko breadcrumbs
- ¼ teaspoon dried thyme
- ⅓ cup flour
- 1 large egg
- 1 tablespoon Dijon mustard
- 1 tablespoon mayonnaise
- Salt and pepper (to taste)

#### Optional:

- Freshly grated Parmesan cheese (for potatoes)
  - Serving suggestions (see note 3)
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### Equipment Needed

- Large sheet pan(s)
  - Cooking spray
  - Large bowl
  - Nonstick pan
  - Mixing bowls (2–3 for dredging)
  - Paper towels
  - Whisk
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## Instructions

Preheat the oven to 425°F. Grease one or two large sheet pans with cooking spray.

1. Prepare Potatoes:
  - Peel potatoes.
  - Cut each potato into eight equal wedges. Dry the wedges with a towel.
  - In a large bowl, toss the wedges with olive oil, paprika, onion powder, garlic powder, and season with 1 teaspoon salt and ½ teaspoon pepper.
2. Bake Potatoes:
  - Arrange the potato wedges on the sheet pan with the cut sides down, leaving space between each piece. You may need to use two sheet pans.
  - Bake for 15 minutes, then flip the wedges and bake for another 10 minutes. While the potatoes are cooking, get the fish ready.
3. Prepare Panko Mixture:
  - Heat 2 tablespoons olive oil in a large nonstick pan over medium heat.
  - Add minced garlic and cook for 30 seconds.
  - Stir in panko breadcrumbs, dried thyme, and ¼ teaspoon salt.
  - Toast until golden brown (4–6 minutes), then transfer to a bowl.
4. Set Up Dredging Station:
  - Prepare three separate bowls: one with flour, one with the panko mixture, and one with the whisked egg, Dijon mustard, mayonnaise, ¼ teaspoon salt, and ¼ teaspoon pepper.
5. Prepare Fish:
  - Pat the cod dry with a paper towel and cut it into equal-sized strips (approximately ½ inch by 4½ inches).
  - Dredge each piece of fish in the flour, then the egg mixture, and finally the panko mixture. Use up all the mixtures evenly.
6. Make Space for Fish:
  - Move the potato wedges to the edges of the pan, leaving the center clear for the fish.
  - Use a paper towel to wipe down the center of the pan if needed.
7. Bake Fish and Potatoes:
  - Place the coated fish strips in the center of the pan with the potatoes.
  - Spray everything lightly with cooking spray.
  - Bake for 8–13 minutes, or until the fish is opaque and flaky and the potatoes are crisp. If the fish cooks faster, remove it from the pan and allow the potatoes to finish baking.
8. Optional Garnish and Serve:
  - Sprinkle Parmesan cheese over the hot potato wedges if desired.
  - Serve immediately with tartar sauce, lemon wedges, or your preferred accompaniments.

Enjoy your crispy sheet pan fish and potato wedges!