



PanFried Swai Fillets

Savannah · 30/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr

Description

My husband loves fish Since I am allergic I dont partake Swai was on sale at the grocery so we picked some up Since he has never tried it before I decided to cook it in a familiar way for him He devoured it I served this with honeyed carrots and fried yellow squash

Ingredients

— - 2 teaspoons red pepper flakes - 1 teaspoon seafood seasoning (such as Old Bay®) - 1 teaspoon garlic powder - salt and ground black pepper to taste - 1 cup cornmeal - 4 (4 ounce) fillets swai fish - 2 tablespoons canola oil - ¼ cup water

Instructions

1. Combine red pepper flakes
2. seafood seasoning
3. garlic powder
4. salt
5. and pepper in a bowl. Spread corn meal into a shallow bowl. Season swai fish with red pepper flake mixture and press each fillet into cornmeal to coat. Wrap coated fillets in plastic wrap and refrigerate for 30 minutes. Heat oil in a skillet over medium heat. Unwrap fish and place in the hot oil; cook until browned
6. about 5 minutes per side. Add water
7. bring to a simmer
8. cover
9. and cook
10. flipping occasionally
11. until fish flakes easily with a fork
12. about 10 minutes. Editor's Note: Nutrition data for this recipe includes the full amount of breading ingredients. The actual amount of breading consumed will vary.