



Cornmeal Fried Fish



SERVINGS

4



COOKING TIME

4 to 6 minutes

Cornmeal Fried Fish has a golden, flaky crust with a soft and delicate inside. Fry up some boneless fish fillets coated in cornmeal in just a few minutes for an amazing entrée option for lunch or dinner. This recipe pairs well with many foods like fries, fresh salad, coleslaw, and more.

Ingredients

- 1/2 cup [Quaker® - Yellow Corn Meal](#)
- 1/2 cup all-purpose flour
- 1 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1 egg
- 2 tablespoons water
- 1 Pound(s) boneless fish fillets (such as tilapia)
- 3 to 4 Tablespoon(s) canola oil

Cooking Instructions

1. Combine corn meal, flour, chili powder, salt, garlic powder and pepper in shallow bowl or baking pan.
2. In medium bowl, beat egg and water with fork until well blended.
3. Dip fish fillet in corn meal mixture, coating all sides of fillet.
4. Then dip in egg mixture.
5. Dip in corn meal mixture again.
6. Heat oil in large skillet over medium heat.
7. Fry coated fish 2 to 3 minutes per side, or until fish flakes easily with fork.