Crispy Fish Fillets

Description

Even people who aren't sure if they love fish will love these crunchy fillets! Quick and easy!"

Summary

Yield: 4
Prep Time: 20 minutes
Category: Seafood
Cuisine: American

Ingredients

- 1 egg
- 2 tbsp yellow mustard
- 1/2 tsp salt
- 1 1/2 cup instant mashed potato flakes
- 1/4 cup oil for frying
- 4 6 ounce fish fillets

Instructions

In a shallow dish, whisk together the egg, mustard, and salt; set aside.

Flour the fish.

Place the potato flakes in another shallow dish.

Heat oil in a large heavy skillet over medium-high heat.

Dip fish fillets in the egg mixture.

Dredge the fillets in the potato flakes, making sure to completely coat the fish.

For extra crispy, dip into egg and potato flakes again.

Fry fish fillets in oil for 3 to 4 minutes on each side, or until golden brown.