

Cornmeal Fried Fish

Ingredients

- 1/2 cup Quaker® - Yellow Corn Meal
- 1/2 cup all-purpose flour
- 1 ½ tsp chili powder
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 1/8 tsp black pepper
- 1 egg
- 2 tbsp water
- 1 lb boneless fish fillets (such as tilapia)
- 3 to 4 tbsp canola oil

How to make it

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.



PREP
TIME
10 min



COOK
TIME
5 min



TOTAL
TIME
15 min



SERVINGS
4

Made with



Quaker® - Yellow Corn Meal