

## PAN-FRIED CRUMBED FISH



Serves 4



Prep Time 15 minutes



Cook Time 7 minutes



### INGREDIENTS

- 500g fish fillets, such as snapper, gurnard or tarakihi
- ¼ cup flour
- salt and pepper
- 1 egg
- 1 ½ cup panko breadcrumbs
- 3 Tbsp oil
- **HEINZ [SERIOUSLY] GOOD™ Creamy Tartare Sauce**

### METHOD

1. Wash and pat the fish fillets dry with paper towels. Place the flour onto a plate and season with salt and pepper. Break the egg into a shallow bowl and whisk with 1 tablespoon water. Place the panko crumbs onto another plate.
2. Coat one fillet in seasoned flour, then dip in the beaten egg. Finally coat the fish in the panko crumbs and place on a clean

plate. Repeat with remaining fillets.  
Refrigerate for 10 to 15 minutes before cooking.

3. Heat the oil in a frying pan over medium heat. Place the fish in the pan and cook for 5 to 7 minutes, or until the breadcrumbs are golden and the fish is just cooked through. Drain on paper towels.
4. Serve with the **HEINZ [SERIOUSLY] GOOD™ Creamy Tartare Sauce.**