

# Panko Crusted Fish

3-4 FISH FILLETS (1/2" THICK OR LESS)  
SEASONING OF YOUR CHOICE  
OLIVE OIL  
WHITE LILY SELF-RISING FLOUR  
1 1/2 CUP PANKO CRUMBS  
SALT & PEPPER  
OLIVE OIL COOKING SPRAY

Pat fillets dry. Lay them out on a surface and season well with seasonings, salt, and pepper. (No need to season both sides if one side is seasoned well). Now coat each fillet with olive oil. Use a sifter and lightly dust seasoned fillets with flour. Turnover and dust with flour

Put panko in a shallow dish (like a pie plate) and coat each fillet, pressing panko into each fillet so it adheres to flour. Put in an air fryer basket-spray well with cooking spray. Cook on 350 degrees for 8 minutes. Take basket out and carefully turn each fillet over. Spray fish with cooking oil and cook at 400 deg. 5-8 more minutes.

*Option: Yellow Mustard can be used in place of olive oil for a change up!*

*"We love them with mustard too! It is super delicious!" - Tammy*