

Easy Pan Fried Fish

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4.55 from 33 votes

Easy Pan Fried Fish creates a nice crust on the outside of the fish and a juicy, flaky inside. This is one of my favorite quick ways to make white fish. Serve this with lemon wedges, fresh parsley and a side of couscous. If you need a seafood dinner on the table in under 15 minutes this is the recipe for you!

Prep Time 5 mins	Cook Time 10 mins	Total Time 15 mins
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Course: seafood Cuisine: American

Keyword: dinner, dinner recipe, healthy, mediterranean diet, seafood Servings: 4

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Ingredients

- 4 white fish fillets {like cod or tilapia}, skinless, boneless {approx. 5 oz. filets}
- 1/2 tsp. sea salt
- 1/2 tsp. ground black pepper
- 1/3 cup vegetable oil {or canola or avocado oil}
- 1/4 cup plus 2 tablespoons all-purpose flour

FOR THE CRUST

- 1 teaspoon garlic powder
- 1 cup panko breadcrumbs {you can also use regular breadcrumbs}
- 1 teaspoon Italian seasoning
- 1/2 cup parmesan cheese, shredded
- 1 egg beaten

Instructions

1. Use paper towels to pat the fish dry on both sides especially if your fish was thawed from frozen as there is often excess water.
2. Season fish on both sides with salt and pepper.
3. Add the flour to a shallow bowl.
4. In another shallow bowl, add garlic powder, breadcrumbs, Italian seasoning and parmesan cheese and mix together.
5. In another shallow bowl, beat egg.
6. Dip both sides of each fillet in the flour, then the whisked eggs, then the panko/parmesan mixture, and set the fish aside.
7. Heat a large non-stick skillet over medium-high heat. Add the vegetable oil. Once the oil is hot add the fish into the skillet and cook the first side for about 3-4 minutes then flip and cook the other side for about 3-4 minutes.
8. Prepare a plate with a paper towel. Lay fish on it to remove excess oil.
9. Garnish with parsley and lemon wedges and serve with rice.

Notes

- **Some nice white fish options for this recipe are:** Tilapia, flounder, catfish, striped bass, or red snapper.
- **How to store leftovers:** Store in the refrigerator in an airtight container for up to 5 days.**How to reheat:** Reheat in the oven or air fryer or in a skillet on medium low heat until warm through.
- Use oils with a high smoke point, like canola, vegetable, or avocado oil. Heat the oil until shimmering but not smoking.
- Firm and flaky fish like cod, tilapia, snapper, or salmon work well. Use fillets of even thickness for consistent cooking.

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