

# Healthy Air Fried Haddock

Want to enjoy fried fish without the guilt & bloated feeling?

Air frying your seafood cuts the cooking time in ½ and doesn't require any oil to get that crunchy bite we all love. Most fried seafood ordered at restaurants are heavily coated in flour & oil, this recipe requires neither of those.

## Ingredients

- 1 Lb Haddock Fillets (or 2 Haddock Fillets)
- 1.5-2 cups of Panko crumbs
- 2-3 Eggs (depending on size)
- Cooking Spray
- Optional: Salt, Pepper, Garlic Powder, Onion Powder in Panko Crumbs
- Lemon wedges – for serving
- Tartar Sauce (Or any sauce of your choice) – for dipping

1. Cut your haddock fillets into smaller pieces, fish n' chips size.
2. Whisk eggs together in a bowl
3. Add panko crumbs in a separate bowl, add seasonings to panko if desired.
4. Prepare your air fryer by spraying the bottom with cooking spray
5. Dip haddock pieces in eggs, then panko crumbs, then in the air fryer – don't overcrowd it
6. Set air fryer to 350 degrees F, cook haddock for 10-12 minutes
7. Serve with lemon wedges & tartar sauce

