

Crispy Flounder Fillets

Ingredients

1 1/2 lbs Flounder Fillet
1 Egg
2 tbsp prepared Yellow Mustard
1/2 tsp Salt
1/2 tsp Garlic Powder
1 1/2 cups instant Mashed Potato Flakes
1/4 cup Oil for frying

Directions

In a shallow dish, whisk together the egg, mustard, salt & garlic powder. Set aside. Place potato flakes in another shallow dish.

Heat oil in heavy skillet over medium-high heat. Dip fish into the egg mixture. Dredge the fillets into the potato flakes, making sure to completely coat the fish. For extra crispy, dip into egg and potato flakes again.

Fry fish in oil for 3-4 minutes on each side, or until golden brown. Dry on paper towels. Serve & Enjoy!

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