

Jamaican Red Snapper with Pan-Fried Banana

Ingredients

1 1/2 lbs Snapper Fillets	1/2 tsp cayenne pepper
1 cup plain dried bread crumbs	2 eggs
2 tsp five-spice powder	6 tbsp vegetable oil
1 tsp dried thyme, crumbled	4 firm bananas
1 tsp ground allspice	Lime wedges, for serving
1 tsp kosher salt	

Directions

In a shallow bowl, toss together bread crumbs, five-spice powder, thyme, allspice, salt and cayenne. In a second shallow bowl, beat eggs with a fork. Turn fish fillets one at a time in crumbs, then dip in beaten eggs to coat and then coat again with crumb mixture; place on a plate.

In a large skillet, heat 2 tbsp oil over medium heat until hot. Add fish and cook until golden and crisp on bottom, 2-3 minutes. Turn and cook until crisp on the other side. Do not overcrowd pan. Transfer fish to plate and keep warm.

In another pan, heat 2 tbsp oil over medium high heat. Slice bananas 1/3 inch thick and pan fry until golden on both sides, about 4 minutes. Serve bananas and lime wedges with fish.

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