



Ashley's Meal Prep Monday!



Fish Sticks

INGREDIENTS

1/2 cup all purpose GF flour
2 TSP paprika
1/2 TSP garlic powder
1/2 TSP salt
1/4 TSP pepper
1 large egg beaten
1/2 cup GF panko bread crumbs
1 pound cod filet cut into strips (or another white fish)
tartar sauce and lemon wedges for serving

In a small bowl, mix flour with paprika, garlic powder, salt and pepper. In another small place the large beaten egg. In a third small bowl, place the panko breadcrumbs.

Pat the fish dry with a papertowel. Dredge the fish into the flour mixture, then the egg, and then the panko - pressing down lightly until the crumbs stick. Spray both sides with avocado oil.

Air fry at 400, turning halfway through until crispy and lightly golden - about 10-12 minutes.



Recipe: feelgoodfoodie.net

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