

## Chip Crusted Cod (oven or air fryer)

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### Ingredients:

2 Cod fillets, about 1/2# each

1/4 tsp pepper

1/4 tsp paprika

1/4 cup flour

1/4 cup milk

3/4 cup crushed sour cream and onion potato chips

olive oil spray

OPT: remoulade sauce, tarter sauce, or lemon for serving

### Directions:

\*Rinse the fish and pat dry.

\*Place the flour on a dish. Mix in the pepper and paprika.

\*Pour the milk into a bowl.

\*Coat the fish with the flour mixture. Dip into the milk, just to lightly coat, then press gently into the chips until both sides are completely coated. Refrigerate for one hour.

\*NOTE: cooking times will depend on the thickness of your fish. Always be sure that your fish is cooked through, that it is white, not translucent, and flakes with a fork.

\*AIR FRYER: Preheat the air fryer to 400 degrees for 5 minutes. Place the fish in the air fryer and spray with olive oil. Cook at 400 degrees for 5 minutes. Carefully flip the fish over, spray with olive oil again, and cook for another 5 minutes. Test for doneness, continue to cook at 1 minute intervals, if needed, until the fish is cooked completely.

\*OVEN: Preheat oven to 425 degrees. Grease a small baking sheet, place the fish on the sheet and cook for 5 minutes. Carefully flip the fish over and allow to cook for another 5 minutes. Test for doneness. If needed, continue to cook, checking at 2 minute intervals.