

# Pan-Fried Cod Fish (Easy!)

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fried-cod-recipe>

## Ingredients:

- 2 pounds cod or any white fish, See notes if you want to make just 1 pound.
- 2 eggs extra large
- 3/4 cup all-purpose flour or gluten-free flour
- 1 teaspoon Old Bay Seasoning plus extra for serving; see notes
- 1/2 teaspoon salt
- 1/4 teaspoon paprika or regular paprika + ? tsp black pepper or a dash of cayenne
- 3/4 cup avocado oil or canola oil, for frying
- lemon wedges unchecked?, for serving
- mayo unchecked?, for serving, optional

## Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 205 milligrams
4. Fat: 49 grams
5. Fiber: 2 grams
6. Protein: 47 grams
7. SaturatedFat: 6 grams
8. Sodium: 490 milligrams
9. Sugar: 1 grams

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