

Crispy Fried Fish with Creamy Mashed Potatoes

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/crispy-fish-indian-recipe>

Ingredients:

- 4 fish servings, your choice
- 2 cups flour + a little extra to cover the fishes
- 1 cup sparkling water cold
- 2 eggs smaller
- 1 teaspoon salt & Pepper
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon garlic powder granulated
- oil for frying
- 4 potatoes servings
- water for cooking
- 1 teaspoon salt
- 2 teaspoons pepper
- 2 tablespoons sour cream

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 90 grams
3. Cholesterol: 290 milligrams
4. Fat: 28 grams
5. Fiber: 7 grams
6. Protein: 71 grams
7. SaturatedFat: 5 grams
8. Sodium: 1400 milligrams
9. Sugar: 9 grams

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