

Crispy Panko Fish with Orange Sesame Sauce

Yield: 7 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-snapper-recipe-indian>

Ingredients:

- snapper
- 1 1/2 pounds white fish fillets
- 1 1/2 cups seltzer water
- 1 cup flour
- 1 tablespoon cornstarch
- 1 teaspoon salt
- 3/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1 1/2 cups panko breadcrumbs
- 3 tablespoons sesame seeds
- vegetable oil with a high smoke point for frying, I prefer grapeseed
- 2 teaspoons cornstarch
- 1/2 cup orange juice freshly squeezed
- 1/3 cup agave nectar
- 1/4 cup low sodium soy sauce
- 2 tablespoons sesame oil
- 1 tablespoon rice vinegar
- 1/4 teaspoon cayenne if spice sensitive, use just a pinch

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 60 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 2 grams

8. Sodium: 710 milligrams

9. Sugar: 7 grams

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