

# Crispy Cod Fillets

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-river-cobbler-fillets-recipe>

## Ingredients:

- 3/4 cup mayonnaise
- 1/4 cup dill pickles minced
- 1 tablespoon capers
- fresh parsley
- 1 teaspoon lemon zest minced
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 3/4 teaspoon black pepper
- 1/2 teaspoon kosher salt
- 1/8 teaspoon cayenne pepper
- 1 1/2 cups panko bread crumbs
- 1/2 cup all purpose flour
- 3 eggs
- 1 tablespoon Dijon mustard
- 1/4 teaspoon cayenne pepper
- 4 cod fillets
- black pepper
- vegetable oil

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 170 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 4 grams
8. Sodium: 830 milligrams
9. Sugar: 4 grams

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