

Tilapia Fish Sticks



Serves 6 people

15 minutes prep, 10 minutes cooking

Recipe courtesy of:

<https://www.budgetbytes.com/tilapia-fish-sticks/>

Ingredients*

- 1 lb (approximately 4) tilapia filets
- 1/2 cup all-purpose flour
- 1 tsp cajun seasoning
- 2 large eggs
- 1 1/2 cups panko breadcrumbs
- 1/4 cup vegetable oil

Directions

- Thaw the tilapia filets (if frozen) by running the sealed packets under cool water for about 5 minutes.
- Slice each filet lengthwise into two or three pieces (depending on width) and then horizontally to yield 4-6 sticks
- Prepare the breading station by collecting three bowls. In the first bowl combine the flour and cajun seasoning (or salt, pepper, any other seasonings). In the second bowl whisk two eggs. In the third bowl place the panko bread crumbs.
- Bread the tilapia sticks by first coating in seasoned flour then dipping in egg and finally coating in panko crumbs. Place the breaded sticks on a plate until all of the sticks have been breaded.
- Heat a large skillet with 2 Tbsp of vegetable oil over medium/high heat.
- When the pan is very hot place sticks in the pan and cook on each side until golden brown in color.
- Drain the fish sticks on a plate covered with a paper towel.

Rosemary and Garlic Fries



Makes 4 servings

10 minutes prep, 20 minutes cooking

Recipe courtesy of:

<https://minimalistbaker.com/crispy-baked-rosemary-garlic-fries/>

Ingredients

- 3 russet potatoes (roughly peeled and cut into even wedges or strips)
- 1 Tbsp olive oil (for coating fries)
- ~1/4 tsp each sea salt and pepper (to taste)
- 1 large handful rosemary (chopped)
- 2-3 cloves fresh garlic (minced)

Preparation

- Preheat the oven to 475 degrees (246 C).
- Cut potatoes into thin wedges (the thinner they are the faster they will cook)
- Toss the potatoes with oil in a bowl
- Once potatoes are coated add rosemary, minced garlic, salt and pepper.
- Toss to coat
- Transfer potatoes to a parchment lined baking sheet
- Bake in the preheated oven for 30 minutes until they are brown and crispy
- Flip the potatoes halfway through
- Remove from the oven and enjoy!