

Spicy Fish Fry

2 Servings

- 4 Tilapia or any mild-flavored fish Fillets such as Orange Roughie (Trader Joe's)
- 1/4 cup **Seven Happy Seeds Mumbai Fish Fry**
- 1/4 cup Japanese style Panko bread crumbs
- 2 tablespoons chopped cilantro leaves
- 1 tablespoon lemon juice
- Cooking oil

1. Thaw fish fillets and pat dry.
2. In a shallow bowl mix Mumbai Fish Fry, Panko breadcrumbs, cilantro, and lemon juice.

Note: adjust salt and heat with cayenne or black pepper powder if desired

3. Press one side of each fillet into seasoned breadcrumbs, and repeat on other side.
4. Heat two tablespoons of oil in a frying pan and place two fillets in the pan at a time. Let crisp to a golden brown color on each side (3-4 minutes) on medium heat. Remove from pan and serve hot.

