

CRISPY AIR FRYER COD



SERVING SIZE

2



INGREDIENTS

ITEM

Cod Fillets (About 1-inch Thick)
Extra Virgin Olive Oil
Salt
Pepper
Old Bay Seasoning

QUANTITY

2
½ Tbsp.
½ Tsp.
½ Tsp.
1 Tbsp.



PREPARATION

- Pat the cod fillets dry with a paper towel to remove excess moisture.
- Brush both sides of the cod fillets lightly with olive oil.
- In a small bowl, mix the Old Bay seasoning, salt, and pepper. Evenly sprinkle the seasoning mixture over both sides of the cod fillets, pressing gently to adhere.
- Preheat the air fryer to 400°F (200°C). Lightly grease the air fryer basket with oil or cooking spray to prevent sticking.
- Place the seasoned cod fillets in the air fryer basket in a single layer, ensuring they don't overlap.
- Cook the cod for 8-10 minutes, flipping halfway through the cooking time. The cod is done when it turns golden brown, flakes easily with a fork.
- Remove the cod from the air fryer and let it rest for 2-3 minutes before serving.
- Serve warm and enjoy!