

## FRIED SWAI

Yield: Makes 4 servings

### INGREDIENTS

4 to 6 Swai fish fillets  
1 cup of yellow cornmeal  
Salt to taste  
1 tsp. of ground black pepper  
2 tsp. of crushed red pepper  
1 tsp. of California-style garlic powder  
2 tsp. of canola oil  
1/4 cup of water

### PREPARATION

Season the swai with salt, black pepper, garlic powder and red pepper then dredge with cornmeal. Cover fish with plastic wrap then refrigerate for at least 30 minutes.

Heat canola oil in frying pan on high heat. Place the seasoned swai fish fillets in pan. Once browned flip over and repeat. Once both sides are browned, add water then lower heat to medium – low then cover while occasionally flipping over so they cook evenly and to prevent burning. After about ten minutes, the swai fillets should be cooked. Remove from heat and serve warm.

