



Three Cheese and Garlic Crumbed Fish

Ingredients

- 1 pkt Maggi Three Cheese and Garlic Seasoned Coating
- 4 White fish fillets
- 1 Egg, lightly beaten
- 2 g Spray Oil

Instruction

1. Preheat air fryer to 180°C for 5 minutes.
2. Coat fish fillets in egg, shake off any excess. Sprinkle on the Maggi Crunchy Three Cheese & Garlic Seasoned Coating, pat down coating firmly, turn over and repeat.
3. Spray air fryer basket with oil spray. Carefully transfer coated pieces to air fryer and spray with oil. Cook for 10-12 minutes until golden and cooked through. Note: Cooking time may vary between air fryer sizes and models

Nutrition

Carbohydrates	5.81 g
Energy	333.68 kcal
Fats	12.9 g
Protein	45.05 g

⌚ 19 Minutes

⊕ 4