



## Air-Fryer Cod

*Air Fryer, main dish, seafood*

**Prep Time:** 20 mins **Cook Time:** 45 mins **Servings:** 4

**Source:** Eatingwell.com

### INGREDIENTS

- 3 bay leaves
- 1 teaspoon celery salt
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon ground pepper
- 1 teaspoon garlic powder
- ¼ teaspoon dry mustard
- ⅛ teaspoon ground ginger
- ⅛ teaspoon ground allspice
- ½ cup all-purpose flour
- 1 large egg, beaten
- 1 ¼ cups whole-wheat panko breadcrumbs
- 1 pound cod fillets (about 3/4-inch thick), cut into 8 pieces
- Cooking spray
- 1 tablespoon sliced fresh chives
- 1 lemon, cut into wedges

### DIRECTIONS

Combine bay leaves, celery salt, paprika, cayenne, pepper, garlic powder, dry mustard, ginger and allspice in a spice grinder. Process until the bay leaves are pulverized, about 45 seconds.

Place flour in a shallow bowl; stir in 1 tablespoon of the spice mixture. Place egg in a separate shallow bowl. Place panko and 1 tablespoon of the spice mixture in a third shallow bowl; stir to combine.

Season cod evenly with the remaining 1 teaspoon spice mixture. Dredge 1 piece of cod in the flour mixture, shaking off excess. Dip in the egg to coat, letting excess drip off. Dredge in the panko mixture, pressing lightly to adhere. Place on a plate or baking sheet. Repeat with the remaining pieces.

Preheat an air fryer to 400°F for 5 minutes. Coat the prepared cod with cooking spray. Place half of the cod pieces in the air fryer basket in an even layer, leaving space between the pieces. Cook for 9 minutes; carefully flip and continue cooking until golden brown and the fish flakes

easily with a fork, 2 to 3 minutes more. Transfer to a serving plate and cover to keep warm. Place the remaining cod pieces in the basket and repeat. Sprinkle with chives and serve immediately with lemon wedges.