AIR FRYING FISH RECIPES

10 Flavor Ideas + Safe-Cooking Checklist

easyhighproteinrecipes.com

THE SIMPLE BASE METHOD

[ ] Thaw fish safely in the refrigerator when required

[ ] Pat fillets dry; remove pin bones; season lightly

[ ] Preheat if the air fryer manual recommends it

[ ] Place fish in a single layer, with space for hot air

[ ] Start checking early; time varies by thickness

[ ] Verify 145 F (63 C) at the thickest part; serve

TEMPERATURE IS THE FINISH LINE

Fin fish: 145 F / 63 C using a food thermometer (FDA).
Cook-time estimates are NOT a substitute for measuring.
Raw fish: store at 40 F or below; separate from cooked food.

CHOOSE A FLAVOR FOR TONIGHT

[ ] Lemon + garlic cod

[ ] Smoky paprika tilapia

[ ] Crispy panko pollock

[ ] Lemon + dill salmon

[ ] Cajun catfish

[ ] Parmesan-herb haddock

[ ] Chili-lime mahi-mahi

[ ] Fish taco fillet strips

[ ] Peppery frozen fish fillets

[ ] Garlic + parsley fish bites

BEFORE YOU STORE OR REHEAT

[ ] Refrigerate perishable food within 2 hours (1 hour above 90 F).

[ ] Use refrigerated cooked fish within 3-4 days or freeze.

[ ] Reheat leftovers to 165 F. Thaw frozen raw fish safely.

This week: _____ **Fish:** _____

Check temperature: _____ F Best flavor: _____

Safety references: FDA Selecting and Serving Seafood; FoodSafety.gov Cold Storage Charts.