



# Fried Basa Filets



Servings

4 persons



Cooking time

10 Minutes



Calories

222

## Ingredients:

- 907 g Frozen Farm Basa filet IVP Vietnam
- 1 cup yellow cornmeal
- 1 tbsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder
- 1 cup milk
- 3 tbsp vegetable oil
- 3 tbsp butter



Product item number: 6015



## Cooking Steps:

- 1 Prepare the Coating: In a shallow dish, combine the cornmeal, garlic powder, black pepper, and salt. Mix well until all the ingredients are evenly distributed.
- 2 Pour the milk into a separate bowl, large enough to dip the filets.
- 3 Add the oil and butter to a large skillet. Heat over medium-high heat until the butter is melted and the mixture is hot.
- 4 Dip each basa filet into the milk, ensuring it is fully submerged and coated.
- 5 Transfer the filet to the cornmeal mixture. Press gently to coat the filet evenly with the mixture, ensuring a thorough coating on both sides.
- 6 Carefully place the coated basa filets into the hot skillet. Cook for 5 to 7 minutes on each side, or until the filets are golden brown and crispy.
- 7 Once cooked, transfer the filets to a plate lined with paper towels to drain any excess oil.
- 8 Serve hot with your favorite side dishes or dipping sauce.

