Crispy Air Fryer Cod — If you love fish and are looking for a healthy alternative to deep-frying, the air fryer is the perfect solution. The Air Fryer cooks by circulating hot air, so it's almost like deep frying without all of the added fat. This recipe will show you how to cook crispy Cod in your air fryer!

This Easy Crispy Air Fryer Cod Recipe is a quick and easy family dinner recipe that the whole family will love! The Cod has a tasty and crispy panko coating, perfect for Fish and Chips night!

If you are looking for some air fryer fish recipes, this is one of my favorites, and I love a good piece of air fryer fish!

Table of Contents

- About Time
- Amount Per Serving

About Time

- Prep Time 15 mins
- Cook Time 10 mins
- Total Time 25 mins

Ingredients

- 4 Cod Fillets (Thawed and pat dry if previously frozen)
- 1 Large Egg
- ½ Cup All-Purpose Flour
- 1 cup Panko Bread Crumbs
- 1 tsp Paprika

- ½ Teaspoon Cayenne Pepper (Optional)
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Salt
- ½ Teaspoon Fresh Ground Black Pepper
- Olive oil for Air Fryer
- Fresh Parsley for Serving

Instructions

1. Create a station for coating Cod Fillets.
2. Place Cod on a paper towel-lined plate. Line up 3 large shallow bowls on the workstation. In the first bowl place, a beaten large egg. In the second bowl, add the all-purpose flour, and in the third bowl, place the panko bread crumbs mixed with the paprika, cayenne, garlic powder, salt, and pepper.
3. Preheat Air Fryer to 350 degrees F, air fryer setting.
4. Begin by dipping a cod fillet in egg, then flour, then panko mixture. Transfer to a clean plate. Continue until all fillets are prepared.
5. When the Air Fryer is hot, spray or brush the tray with olive oil and place the cod filets in a single layer on the tray.
6. Spray the tops of the cod with more olive oil. Cook the fish at 350 degrees F, air fryer setting, for 5 minutes, flip and cook for 5 more minutes. The coating should be golden, and the fish should flake easily.
7. Serve immediately and garnish with fresh chopped parsley if desired! Enjoy!
8. Plate, serve, and enjoy!

Amount Per Serving

CALORIES: 406

- TOTAL FAT: 8g
- SATURATED FAT: 2g
- TRANS FAT: 0g

- UNSATURATED FAT: 5g
- CHOLESTEROL: 146mg
- SODIUM: 886mg
- CARBOHYDRATES: 33g
- FIBER: 2g
- SUGAR: 2g
- PROTEIN: 48g