

DINNER

Chili Lime Fish Fry

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	20 min	4	\$6.62	569 kcal

Chili Lime Fish Fry is a dairy free and pescatarian main course. This recipe makes 4 servings with 569 calories, 45g of protein, and 21g of fat each. For \$6.62 per serving, this recipe covers 32% of your daily requirements of vitamins and minerals. 1 person has made this recipe and would make it aga...

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 2 eggs, beaten
- ☐ 2 tablespoons fresh chopped thyme leaves or 2 teaspoons dried
- ☐ 4 servings Kosher salt and freshly ground black pepper
- ☐ 2 teaspoons onion powder, 2/3 palmful
- ☐ 4 fillet tilapia fillets
- ☐ 2 tablespoons chili powder, a couple of palmfuls
- ☐ 1 cup all-purpose flour
- ☐ 2 teaspoons garlic powder, 2/3 palmful
- ☐ 2 limes, zested and juiced
- ☐ ¼ cup vegetable, canola or safflower oil

EQUIPMENT Frying pan, Baking sheet, Oven, Wire rack

Method

- 1

Season the fish with salt and pepper. Arrange 3 shallow dishes.
- 2

Put the flour in 1 dish and add the eggs to the second dish.

- 3 Combine the bread crumbs in the third dish and season with 1 tablespoon of lime zest, 2 tablespoons of chili powder, the garlic powder, onion powder and thyme. Coat the fish in the flour, then the egg and then the bread crumbs.
- 4 Heat the oil, about 1/4 cup, in large skillet over medium to medium-high heat. If your pan is not large enough to fry 4 fillets, in a single layer, heat the oven to 275 degrees F and put a cooling rack on a baking sheet. As you fry the fish, transfer them to the rack in the oven to keep warm. Fry the fish until deeply golden and crispy and transfer to a serving platter. Season with a little extra salt, top with lots of lime juice and serve.

Nutrition per serving

569	45 g	21 g	52 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.2 g · 20% of daily needs
Fibre			5.2 g · 21% of daily needs
Sugar			2.8 g · 3% of daily needs
Sodium			386 mg · 17% of daily needs
Cholesterol			167 mg · 56% of daily needs
Vitamin C			15.6 mg · 19% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/chili-lime-fish-fry-148327