

DINNER

Fried Fish Bites with Sweet Potato Fries and Spicy Mayo

15 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	10 min	25 min	4	\$4.62	1,207 kcal



The recipe Fried Fish Bites with Sweet Potato Fries and Spicy Mayo can be made in roughly 35 minutes. For \$4.62 per serving, you get a main course that serves 4. One serving contains 1207 calories, 25g of protein, and 97g of fat.

Ingredients

- ☐ ½ teaspoon freshly ground black pepper

☐ 8 cilantro sprigs, stems trimmed

☐ ½ cup all-purpose flour

☐ 1 pound sole or haddock fillets

☐ 1 teaspoon kosher salt
- ☐ ½ teaspoon cayenne pepper

☐ 1 cup chilled club soda

☐ 2 medium garlic cloves

☐ ½ teaspoon kosher salt

☐ 2 tablespoons freshly squeezed lime juice (from 1 medium lime)

☐ 1¾ cups mayonnaise

☐ 1 teaspoon dry mustard powder

☐ 2 pounds large sweet potatoes (about

☐ 4 cups vegetable oil

☐ 2 teaspoons white wine vinegar

EQUIPMENT Bowl, Frying pan, Paper towels, Oven, Whisk, Blender, Stove, Slotted spoon, Dutch oven

Method

- 1 Watch how to make this recipe.
- 2 For the mayonnaise: In a blender, combine all ingredients and process until smooth. Taste and adjust seasoning as needed. Store covered in the refrigerator until ready to use.
- 3 Heat oven to 200 degrees F. In a large cast iron skillet, pan, or Dutch oven, heat vegetable oil over medium-high heat to 350 degrees F.
- 4 Meanwhile, peel sweet potatoes and cut lengthwise into 1/2-inch planks.
- 5 Cut planks lengthwise into 1/2-inch strips.
- 6 Place strips in hot water with vinegar while oil finishes heating. Line a plate with paper towels and set aside.
- 7 When oil is heated, drain fries and thoroughly pat dry with paper towels.
- 8 Add 1/3 of fries to oil and cook until browned and cooked through, about 4 to 5 minutes.
- 9 Remove fries to paper towels with a slotted spoon and season immediately with kosher salt. Return oil to 350 degrees F and repeat with remaining fries. Hold in oven until fish is ready.
- 10 For the fish: Skim oil to clean then return to stove over medium-high and bring to 350 degrees F. Pat fish dry with paper towels then cut into 1/2-inch strips; set aside. In a large bowl whisk together flour, salt, cayenne, and pepper well combined.
- 11 Add club soda and whisk briefly until a batter is formed (there may be a few lumps left).
- 12 Place all fish in batter and mix to coat thoroughly.
- 13 Remove 8 pieces of fish from batter, shake off excess batter, and fry, stirring occasionally, until golden and fish is just cooked through, about 2 to 3 minutes. (To test if fish is cooked, break open 1 piece and make sure meat is white throughout.)
- 14 Transfer fish with a slotted spoon to paper towels to drain. Return oil to 350 degrees F and repeat with remaining fish.

15 Serve immediately with fries and mayonnaise.

Nutrition per serving

1,207

KCAL

25 g

PROTEIN

97 g

FAT

60 g

CARBS

Saturated Fat	15 g · 94% of daily needs
Fibre	7.6 g · 30% of daily needs
Sugar	10.2 g · 11% of daily needs
Sodium	1,698 mg · 74% of daily needs
Cholesterol	90.6 mg · 30% of daily needs
Vitamin C	9.5 mg · 11% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/fried-fish-bites-with-sweet-potato-fries-and-spicy-mayo-142627