

# Beer-Battered Air Fryer Haddock

This Beer-Battered Air Fryer Haddock is soft and flaky on the inside and extra crispy on the outside. Whip these breaded fish filets up in 20 minutes and serve alongside your favorite chips recipe or turn them into the ultimate fish tacos drizzled with homemade tartar sauce.



4 from 3 votes

Prep Time

10 mins

Cook Time

10 mins

Total Time

20 mins

Course: Dinner    Cuisine: American, British    Servings: 4

Calories: 349.23kcal    Author: Sarah Hill

## Equipment

- Mixing Bowls
- Air Fryer

## Ingredients

- 1 pound haddock cut into filets
- 2 cups all-purpose flour
- ¼ cup cornstarch
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon baking soda
- 1 (8 ounce) lager beer
- 1 egg white whisked

## Instructions

1. Preheat the air fryer to 400 degrees F, if needed.
2. In a bowl, mix 1 cup of flour with the cornstarch and spices.
3. In another bowl, whisk together the other cup of flour, baking soda, beer and egg white.
4. Pat the fish dry with a paper towel. Dip a piece into the dry flour mixture, then place it into the beer batter and coat on all sides.
5. Finally, dredge the fish in the flour mix one more time.
6. Line your air fryer basket or tray with parchment paper. You can spray the parchment paper lightly with cooking oil to prevent sticking, if desired. Next, place the fish in the air fryer. Lightly spray the top with cooking oil.
7. Air fry for 10-15 minutes, until flakey and golden. Be sure to flip the fish with a spatula, halfway through to ensure both sides get crispy and golden.

## Notes



- **Altered cook time may be required.** Keep in mind that the cook time will vary depending on the thickness of your crispy fillets and model of air fryer. Thicker fillets will take longer to cook through completely and may require the full 15 minutes (or longer!).
- **Don't skip patting the fillets dry.** This is essential to allowing the dredging to stick to the fish. If the fish is too moist, the beer-battered breading may slide off of the fish.

## Nutrition

Serving: 1 Serving | Calories: 349.23kcal | Carbohydrates: 55.83g | Protein: 25.96g | Fat: 1.15g | Saturated Fat: 0.21g | Polyunsaturated Fat: 0.46g | Monounsaturated Fat: 0.13g | Trans Fat: 0.01g | Cholesterol: 61.23mg | Sodium: 974.68mg | Potassium: 418.65mg | Fiber: 1.92g | Sugar: 0.29g | Vitamin A: 104.59IU | Vitamin C: 1.59mg | Calcium: 24.68mg | Iron: 3.21mg

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