

OVERALL time: 45 mins

AIR-FRIED KINGKLIP BITES WITH TARTAR SAUCE & SWEET POTATO FRIES

Elevate an all-time favourite with these oh-so easy Air Fried Kingklip Bites perfectly seasoned with our Southern-style **Cape Herb & Spice Louisiana Cajun Rub**. Kick things up a notch by serving them with some crispy Sweet Potato Fries and our 5-minute Tartar sauce, enhanced with a shake of **Cape Herb & Spice Spicy Chip seasoning**.

Metric

Number of servings : 4

ingredients

For the tartare sauce

- 200 g Mayonnaise
- Zest of 1 lemon
- 15 ml Lemon juice
- 30 ml Capers, roughly chopped
- 60 ml Gherkins, finely diced
- 15 ml Flat leaf parsley, chopped
- 15 ml Cape Herb & Spice Freeze-dried French Tarragon

For the fries

- 4 Medium sweet potatoes, cut into chunky sticks
- 30 ml Olive oil
- 15 ml Cape Herb & Spice Spicy Chip Seasoning

For the kingklip

- 600 g Kingklip fillet, or similar firm white fish
- 30 ml Cape Herb & Spice Louisiana Cajun Seasoning
- 60 g Flour
- 2 Large eggs, beaten
- 60 g Panko breadcrumbs
- 30 g Parmesan, grated

To serve

- Lemon wedges

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 25 mins | COOKING TIME: 20 mins

For the tartare sauce:

Combine all the ingredients in a small bowl.

Mix well.

Set aside in the fridge until serving.

Preheat air fryer to 200°C.

Place the sweet potato sticks in a large bowl.

Drizzle over the olive oil and season with the **Cape Herb & Spice Spicy Chip Seasoning**.

Toss to coat well.

Transfer seasoned sweet potatoes to the air fryer basket making sure not to overcrowd them. Allow for good airflow so they cook evenly and crisp.

If you stack them too tightly, they will steam and be very soft.

Air fry for 10-12 minutes, tossing halfway, until tender on the inside and crispy on the outside with some darkened charred spots.

While the fries are cooking, prepare the fish.

Place whisked eggs in a small bowl.

Place flour in another bowl, and mix breadcrumbs and parmesan in a third bowl.

Pat the fish dry with paper towel.

Cut into chunky strips.

Season the kingklip all over with the **Cape Herb & Spice Louisiana Cajun Seasoning**.

Place seasoned fish pieces in the flour, toss to coat.

Dip each fish piece into the beaten eggs, and then toss into the breadcrumb mixture.

As the sweet potato fries come out of the hot air fryer, remove and set aside.

Quickly add the kingklip bites to the basket.

Air fry for 8 minutes, flipping halfway, until cooked through and golden brown.

The air frying time will depend largely on how you've cut your fish pieces so keep an eye on them to avoid over or under cooking.

Serve kingklip bites alongside sweet potato fries with bowls of tartare sauce for dipping.

Squeeze over some fresh lemon juice and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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