

Less than 45 minutes

Serves 4

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Ingredients:

- 1 cup (125g) rolled oats
- ½ cup (50g) sesame seeds
- Salt and milled pepper
- 1kg fresh hake fillets
- 2 eggs, whisked

For serving:

- Lemon juice
- 2 heads butter lettuce, leaves taken apart
- 1 cup (250ml) tzatziki
- 1 small cabbage, shredded
- Pickled red onions ([click here for recipe](#))

Method

COOK'S NOTE

You can also bake them in the oven at 180°C, as per recipe above.

1. Blitz rolled oats in a food processor to create a coarse flour.
2. Combine oat flour and sesame seeds in a bowl and season.
3. Pat hake fillets dry with paper towel and cut into 5cm strips. Season well.
4. Dip fish strips into egg then into oat flour mixture, coating all sides well.

5. Repeat coating process once more.
6. Preheat air fryer to 200°C on the baking setting.
7. Place fish in the air fryer basket and cook for 7-10 minutes until golden.
8. Remove, drizzle with lemon juice and cool slightly.
9. Arrange lettuce leaves on serving plates.
10. Divide tzatziki, cabbage and fish fingers between lettuce cups.
11. Top with pickled red onions and serve.

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