

Jamaican Red Snapper with Pan-fried Banana

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Ingredients

1 cup plain dried bread crumbs
2 teaspoons five-spice powder
1 teaspoon dried thyme, crumbled
1 teaspoon ground allspice
1 teaspoon kosher salt
1/8 to 1/4 tsp. cayenne pepper
2 eggs
1 1/2 pounds small red snapper or grey sole fillets
6 tablespoons vegetable oil, for frying
4 firm bananas
Lime wedges, for serving

Directions

In a shallow bowl, toss together bread crumbs, five-spice powder, thyme, allspice, salt and cayenne. In a second shallow bowl, beat eggs with a fork. Turn fish fillets one at a time in crumbs, then dip them in beaten eggs to coat and then coat again with crumb mixture; place on a plate.

In a large skillet, heat 2 Tbsp. oil over medium heat until hot. Add half of fish and cook until golden and crisp on bottom, 2 to 3 minutes; turn and cook until crisp on other side, 2 to 3 minutes more. Transfer fish to a plate and keep in a warm oven while you repeat with remaining fish and 2 Tbsp. more oil.

In a large nonstick skillet, heat remaining 2 Tbsp. oil over medium-high heat. Slice bananas 1/3-inch thick and pan-fry until golden on both sides, about 4 minutes. Serve bananas and lime wedges with fish.