Air Fryer Catfish Nuggets - childhood nostalgia in every crispy gluten free, fish battered bite!

Servings: 9-12 | Prep Time: 1 hour | Cook Time: 7-10 min

Ingredients

- 3 lb prepared catfish filets
- 3 Tbsp creole seasoning
- 2 cups gluten free cornmeal
- 1 cup 1-to-1 gluten free baking flour
- ½ cup dijon mustard (or classic yellow mustard)
- Cooking oil spray (avocado, olive, or coconut)

Tartar Sauce

- ½ cup mayo (primal kitchen brand)
- 3 Tbsp dill relish or finely diced dill pickles
- 1 Tbsp lemon juice
- 1 tsp whole grain mustard
- 1 tsp garlic powder
- Salt and pepper to flavor

Directions

1. Cut your catfish filets into 2" nuggets. Lightly season catfish nuggets with salt and transfer to a resealable bag with mustard. Fully coat nuggets with mustard and allow to sit in the fridge for at least one hour.
2. To make the tartar sauce: combine all ingredients into a bowl and stir well. Add any salt and pepper as needed, or additional diced pickles for a chunkier tartar sauce.
   1. Place in an airtight container and refrigerate at least a half hour prior to serving to allow flavors to meld together.
3. To another large resealable bag, add the flour, cornmeal, and creole seasoning and mix well.
4. Preheat the air fryer to 400 degrees F.
5. In batches of about 10-12 pieces, add catfish nuggets to the flour mix and shake to coat the catfish well.
6. Place 10-12 pieces onto the air fryer rack (don't overcrowd!) and spray the tops with cooking oil spray. Air fry for about 7 minutes total, flipping nuggets halfway and adding another coat of cooking spray.

Notes

- Don't add too many catfish nuggets to the flour mixture at one time, or the pieces will not get coated well. Do it in stages.
- Once the fried catfish nuggets are cooled completely, store them in an airtight container in the refrigerator for up to 4 days or in a resealable bag in the freezer for up to a month.
  - To reheat, pop them in the air fryer on 400 degrees F for 3-4 minutes.