

# EASY AIR FRYER SPICY SOLE: Puglian-Inspired Seafood Dish

## Ingredients:

- 4 sole fillets
- 1 tsp red pepper flakes
- 1 tbsp garlic powder
- 2 tbsp parsley, chopped
- Olive oil spray

## Instructions:

- Prep Time: 5 mins
- Cook Time: 10 mins
- Total Time: 15 mins
- Preheat the Air Fryer
- Spray the sole with olive oil.
- Mix red pepper flakes, garlic powder, parsley, salt, and pepper.
- Sprinkle the mix over the fish.
- Air fry at 360°F for 10 minutes for a kick of Puglian spice!