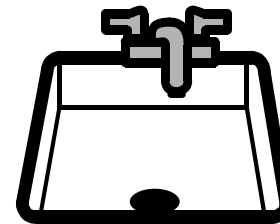


Steiktur fiskur í raspi

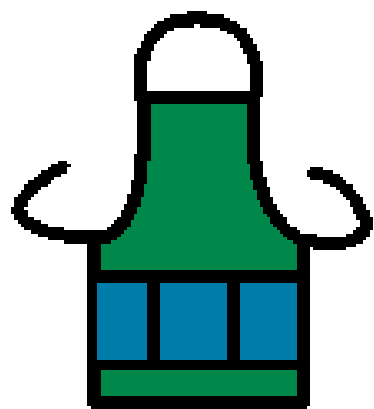




Þvoið hendur

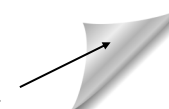


Þvoið hendur.



svuntu

Setjið á ykkur
svuntu.

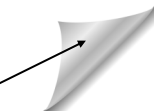




2 egg



Brjótið egg
saman í skál.





3 dl rasp



Setjið rasp
í aðra skál.



3 tsk Season all



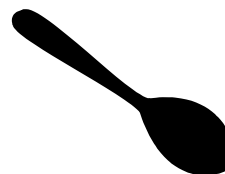
Bætið í skálina.



1 tsk salt

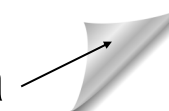


½ tsk pipar



Bætið í skálina.

Hrærið allt vel saman.





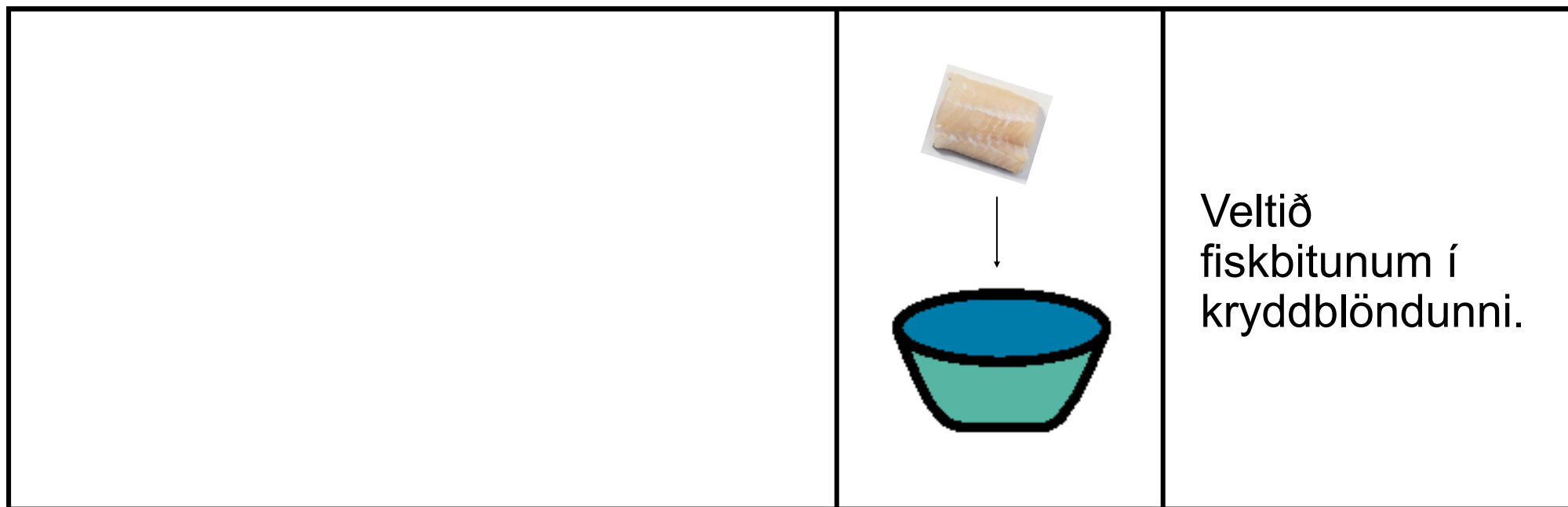
3 fiskiflök



Skerið fiskinn í
litla bita.

Dýfið
fiskbitunum í
eggjæræruna.





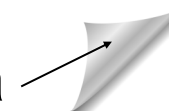
Veltið
fiskbitunum í
kryddblöndunni.




2 msk



Hitið olíu á
pönnu



	 A kitchen timer with a white face and black numbers, showing 0 minutes. Below it is a black frying pan with a silver handle, containing two pieces of fish.	<p>Steikið fiskinn á háum hita í 2 min.</p>
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Snúa fiskinn við.


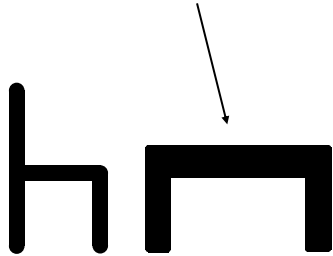
Steikja fiskinn á háan hita í 2 min.



Lækka hitan.

Látið lokið á
pönnunna.

Látið steijast í
5 min.

	 	<p>Berið fram og njótið.</p>
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