

FISH STICKS

INGREDIENTS

1 1/2 pounds cod fillets

1 1/2 cups almond flour

1 tsp sea salt

1 tsp mixed herbs

2 eggs

2 tsp water

1/4 cup coconut oil

PROCEDURE

Slice cod fillets into 1 1/2 inch wide strips.

In a medium bowl combine almond flour, salt, and herbs.

In a separate medium bowl, whisk together egg and water.

Dip each cod strip into the egg, then coat with the almond flour mixture.

Heat the coconut oil in a skillet over medium-high heat.

Sauté the cod in the oil for 3-5 minutes on each side, until golden -brown.