



# CRISPY FRIED FISH

By Dr. Cindy Tanzar  
(Standard)

This recipe was created after several requests for a healthy fried fish. It really is quite delicious. We used the individually frozen, thawed cod fillets from Sam's Club for this recipe (one fillet is a perfect size), and they held together very nicely. The crunch was perfect. Be sure to mix plenty of your favorite seasonings into the almond flour for the most flavor. You can easily double this recipe for the family, too. You will want to make it often... it's that good!

Makes 2 servings. One serving is 3 oz of fish (about one fillet) and covers your protein for one meal.



## INGREDIENTS

2 fillets of cod, haddock or halibut  
1/3-1/2 cup almond flour  
1 pastured egg, beaten



Avocado or coconut oil for frying

Pink Himalayan salt & pepper, lemon pepper, or other seasoning you enjoy, to taste

## INSTRUCTIONS

In a heavy skillet heat enough oil (roughly a 1/4 inch, varies with skillet size), to rise up the side of your pan a little. It should be enough for the fish to fry in.

Beat the egg in a bowl and set aside. Combine the almond flour and seasonings on a shallow plate or dish.

If your fish was frozen and thawed, be sure to gently squeeze out most of the excess moisture remaining. Pat the fish dry with paper towels, then dip into the beaten egg, coating well. Then coat both sides of the fish well in the almond flour mixture, shaking off any excess.

Place fish into the hot skillet and cook approximately 3-4 minutes on each side, depending on the thickness of your fish. It should flake easily when done. Remove to a platter.