

Crispy Fish and Avocado Smash

This has got to be one of my favourite meals ever, crispy crumbed fish with my crispy coconut cream, you cannot go wrong.

PREP TIME: **5 Minutes**
COOKING TIME: **10 Minutes**
TOTAL TIME: **15 Minutes**

INGREDIENTS:

- o 150g flakey white fish *barra, whiting, hoki, snapper*
- o 1 tablespoon(s) arrowroot flour *or tapioca flour*
- o 1 free-range egg *whisked*
- o 2 tablespoon(s) coconut flour *or almond flour*
- o 2 tablespoon(s) desiccated coconut
- o 1/4 teaspoon(s) paprika *smoked or sweet*
- o 1/4 teaspoon(s) ground chilli *optional*
- o 1/4 teaspoon(s) dried mixed herbs *parsley or coriander*
- o 1/2 tablespoon(s) coconut oil *for frying*
- o 1 cup(s) fresh crisp garden greens *mixed lettuce*
- o 1 tablespoon(s) extra-virgin olive oil *to drizzle*
- o 1 teaspoon(s) lemon juice or lime juice *to squeeze*
- o 1 teaspoon(s) apple cider vinegar *to dress*
- o 1 tablespoon(s) fermented vegetables *to serve*
- o 1/4 avocado *smashed*
- o 1/2 teaspoon(s) dried chilli flakes *optional, to garnish*
- o salt *to season*
- o cracked pepper *to season*

DIRECTIONS:

- o Heat your fry-pan over medium heat and melt the Incredible Coconut Oil ready for frying. Create three stations of mixing bowls: one for your arrowroot flour, one for your whisked eggs, and one for the desiccated coconut and coconut flour (or almond meal), dried herbs and spices of your choice.
- o Press the fish fillet into the arrowroot flour, making sure to coat both sides well. Now transfer to the egg wash bowl briefly, making sure you get full coverage. Allow any excess egg wash to drip off before finally dunking in your crumbing combination.
- o Place your coconut crumbed fish in the hot fry pan and cook on each side for 4-5 minutes, making sure to get a lovely golden brown exterior and cooking through.
- o Once cooked, remove from the heat and set aside to prepare your salad. Dress your mixed greens with the extra virgin olive oil, lemon juice and apple cider vinegar. Serve your fish alongside your salad, fermented vegetables, smashed avocado with some chilli flakes and enjoy.

