



Lemon fish*

Serving: 1

Non Veg

Ingredients

- 200-grams fresh any fish fillets
- 3 tablespoons butter
- 1 tablespoon lemon juice
- ¼ cup (25 g) fine almond flour
- ½ teaspoon garlic powder or paste
- 1 teaspoon dried chives(optional)
- Salt and pepper to taste

Preparation Method

- On a large dinner plate mix together the almond flour, chives, , ginger, salt, and pepper then spread evenly.
- Take the fresh fish fillets, one at a time, and press into the flour mix. Turn and repeat.
- In a large pan, heat half the butter and half the lemon juice over a medium-high heat. You want it hot enough to crust the flour mix but we don't want to burn the butter or turn the juice bitter.
- Let the fish cook for approximately 3 minutes. Give the pan a wriggle so the fish soaks up all the lemony butter. Don't let your pan dry out. Add more butter or lemon juice if necessary.
- Check if the fish is done with a fork and remove from the pan when almost done
- serve with cucumber slcies