

Fried Fish (THM XO)

Makes approximately 8 fillets.

Ingredients:

- 1 bag of white fish fillets, defrosted
- 1 cup sourdough discard
- 1/2 tsp Baking Soda
- 2 tsp Salt
- 2 tsp Pepper
- 2 tsp chili powder
- 2 tsp paprika
- 2 tsp onion powder
- Avocado oil (or other on plan high heat oil)

Directions:

Lay out your white fish fillets and pat dry with a paper towel.

In a small bowl mix 1 tsp each of salt, pepper, chili powder, paprika, and onion powder. Sprinkle on each side of the fish and rub in.

In a medium to large size bowl, mix the discard, baking soda, and remaining seasonings.

In a fry pan over high heat, pour in the avocado oil just enough to cover the bottom of the pan.

Take your fish filet and place in the discard mixture. Swirl around until the filet is well coated.

Once your oil is hot, place the filet in the oil. Fry each side for 2-5 minutes. Serve with a delicious sauce (Try our Sweet and Spicy sauce!) and some non-starchie veggies!

Note:

Frying is a part of life and can be used in the Trim Healthy Mama plan. However, it is not recommended you eat fried food often. Enjoy this dish as a once or twice a month treat!