**Almond and Herb Crusted Tilapia**

**Combine:**

**2/3 cup almond meal**

**2 t. each freshly chopped parsley, thyme, oregano, chives**

**1 clove garlic crushed**

**½ t salt**

**4 4-6 ounce tilapia filets**

**3 T. coconut oil**

**Coat both sides of each tilapia filet with mixture. Press the crumbs into the fish using your hands.**

**Heat oil in a frying pan over medium heat until hot.**

**Place fish in the pan and cook for 5 to 7 minutes per side ( depending on thickness ), until the crust is nicely browned and fish flakes.**

**Serve immediately.**