



ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 15 mins

Cook time: 40 mins

Serves: 4

BASA **MOUSSAKA**



INGREDIENTS

- 4 large Basa fillets, skinned and diced
- or any white fish
- 1 tbsp lime juice
- 2 large zucchini, thinly sliced
- 3 eggs
- 1 can (400 mls) coconut milk
- 1 pinch nutmeg
- 1 tsp finely chopped dill
- 2 tbsp coconut flour
- 2 tbsp almond meal
- 1/2 cup almonds, roughly chopped
- 2 tbsp coconut oil

METHOD

- Preheat oven to 180°C.
- Grease a 30cm ovenproof dish, place fish into it and sprinkle with lime juice.
- Place zucchini slices evenly on top of fish.
- Beat egg and coconut milk together, add nutmeg and dill and pour over zucchinis.
- Combine coconut flour, almond meal, chopped almonds and coconut oil in bowl and combine into crumble.
- Sprinkle over zucchini.
- Put the dish in a baking dish half filled with cold water.
- Bake in oven for 30 minutes, and then reduce heat to 170°C and bake a further 10 minutes, or until browning on top.
- Serve with salad, vegetables or my [cauliflower fried rice](#).