



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 10 mins

Makes: 2 cups

GINGER AND SMOKED FISH PATE



INGREDIENTS

- 1/2 kg smoked fish fillets (I use Cape Cod)
- 120g melted coconut oil
- 1 tsp fresh grated ginger
- 1/8 tsp cayenne pepper
- 2 tbsp coconut cream/milk

METHOD

- Poach fish in water in a pan on stovetop until tender, drain and cool.
- In blender combine cooled fish, coconut oil, ginger, cayenne pepper and cream/milk.
- Once smooth, press firmly into serving bowl and refrigerate until cold.
- Slice thinly to serve, or serve in dish with small knife.
- Wonderful served with crisp vegetable strips