



ALLERGIES:

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

Prep time: 10 mins + 15 mins marinade

Cook time: 10 mins

Serves: 2

INGREDIENTS

- 2 ocean trout fillets, or salmon
- 2 tbsp coconut oil

Marinade

- 1 tsp ginger grated
- 1 tbsp crushed lemongrass
- 1 tbsp rice malt syrup OR honey
- 1 tbsp fish sauce

METHOD

- Into a bowl, place ginger, lemongrass, honey, and fish sauce and mix well.
- Add fish fillets to marinade, and allow at least 15 minutes to sit.
- In a separate bowl, mix topping ingredients, coconut, coconut flour and lemon peel.
- Remove fish from marinade and press topping onto both sides of each fillet.
- Heat oil to medium high in frying pan and add fish fillets.
- Cook for 3 minutes on each side, then pour remaining marinade over and cook a few more minutes.
- Remove fish and add spinach leaves, tomato and onion flakes to pan juices.
- Toss until spinach wilted and tomato just tender.
- Serve fish next to, or on spinach bed.

OCEAN TROUT WITH COCONUT AND LEMON



Topping

- 3 tbsp desiccated coconut (unsweetened)
- 1 tsp coconut flour
- Grated peel of 1 small lemon

Vegetables

- 1 handful of baby spinach
- 1 medium tomato, diced
- 1 tsp dried onion flakes