



ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 5 mins

Cook time: 8-10 mins

Serves: 2

INGREDIENTS

- 2 fillets of Barramundi
- ½ cup roasted almonds
- 1 tsp vindaloo curry powder
- ½ tsp garlic powder
- ½ tsp pink salt
- few shakes black pepper
- 2 tsp potato starch or potato flour
- 2 tbsp coconut oil

METHOD

- Place almonds into blender and grind to coarse flour.
- Add vindaloo curry powder, garlic powder, salt, pepper and potato starch and blend.
- Pour crumb mixture onto flat plate and press firmly onto both sides of both pieces of fish.
- Heat oil in frying pan to medium high, and fry fish until cooked through, about 3-5 mins each side.
- Serve hot with salad or vegetables.

CRUMBED BARRAMUNDI

