



Servings 2

Prep Time 5 min

Cooking Time 15 min

Paleo Almond-Crusted Bluegill



Directions

Step 1

Combine almond flour, parsley, salt, garlic powder, onion powder and cayenne pepper in a wide, shallow bowl or dish. Beat the egg in a separate bowl. Rinse bluegill fillets under cold water and pat dry with paper towels.

Step 2

Heat enough oil to coat a skillet over medium heat. When the oil begins to shimmer, dredge the fillets in the beaten egg—draining off excess, and then coat with the almond mixture. Lay in the hot oil and fry on both sides until golden brown. Cook the fish in batches, carefully wiping off the pan in between with paper towels (any almond flour that comes off the fillets will continue to cook and burn in the oil), and adding more oil as necessary.

Drain fillets before serving with paleo sides, such as mashed cauliflower and roasted vegetables.

Ingredients

8 bluegill fillets

$\frac{2}{3}$ cup of almond flour

1 tablespoon of fresh parsley, minced

$\frac{1}{2}$ teaspoon of kosher salt

$\frac{1}{4}$ teaspoon of garlic powder

$\frac{1}{4}$ teaspoon of onion powder

Cayenne pepper, to taste

1 egg

Olive oil or other paleo-friendly oil

