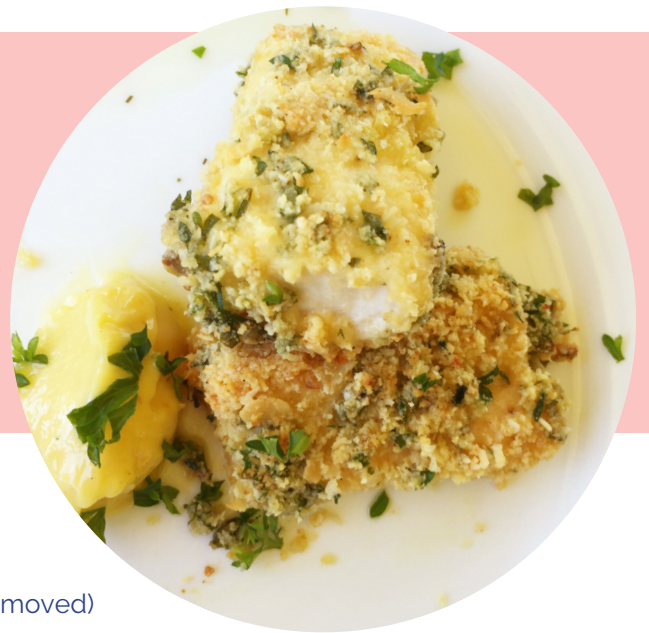


# BAKED FISH FINGERS (GRAIN FREE)



## INGREDIENTS

- 400g firm, white fish, cut into 2cm thick 'fingers' (bones and skin removed)
- ¾ cup blanched almond meal (or see below for nut free)
- ½ tsp fine sea salt
- 2 Tbspn fresh parsley or chives, finely chopped
- ½ tsp garlic powder (opt)
- pepper to taste
- 1/3 cup melted ghee or coconut oil

*If there's one food that just about all kids love, it's fish fingers. My kids would've lived on them when they were little, if I'd let them. Fast forward ten years, and my kids still love fish fingers – even though they are now 18, 16, 14 and 12! I think you really just don't grow out of them. Right?*

## METHOD

1. Preheat oven to 200C.
2. In a bowl, mix almond meal, salt, parsley or chives, garlic powder and pepper. Have melted ghee or coconut oil ready in another bowl.
3. Dip each fish finger into the melted ghee/coconut oil, then roll in the almond meal mixture, pressing mixture onto the fish. Place fish fingers onto a baking tray.
4. Drizzle any remaining ghee/oil over the fish fingers, and place tray into oven.
5. Cook 20-30 mins at 200C, or until cooked through and lightly browned on edges.
6. Serve with Mayonnaise or Aioli, raw veggie sticks and avocado; or steamed veggies and Cauliflower Leek Mash for dinner.
7. Recipe can be doubled and the fish fingers kept in the fridge to serve cold for a quick meal or snack.
8. Store in fridge for up to 3 days. Will last in freezer at least 4 months, but may dry out. If freezing, wrap well so they are airtight.

## VARIATIONS

**Fish Nuggets:** Cut fish into 2cm cubes and prepare as above, but cook only for 15 mins. Store in fridge to use as snacks!

**Nut Free:** Use tapioca starch, banana flour or coconut flour instead of almond meal. Or mill sunflower seeds and pepitas to make a meal.

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Recipe from  
Jo Whitton - Quirky Cooking  
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