



INGREDIENTS

- 1 cup hazelnut meal (also called hazelnut flour)
- ½ cup unsweetened coconut flakes
- 1/2tsp. salt
- ½ tsp. black pepper
- 1 ½ lbs. fresh halibut fillet
- 1 large egg
- 2 Tbsp. coconut oil

Hazelnut-Coconut-Crusted Fish Sticks

Makes Approximately 4 Servings

Directions

- Step 1** Combine the hazelnut meal, coconut, salt, and pepper in a large bowl. Stir well.
- Step 2** Rinse the halibut, and pat it dry with a paper towel. Cut the fillet into 1-inch-wide strips
- Step 3** Beat the egg in a separate small bowl.
- Step 4** Submerge each piece of fish in the egg, then dip it into the crust mixture and coat well.
- Step 5** Heat the coconut oil over medium heat in a large skillet.
- Step 6** Fry the fish in the oil for about 2 minutes on each side, or until opaque in the center