

Healthy Fish and Chips

JOYOUS HEALTH

Ingredients:

- 1/2 cup quinoa
- 1 cup water
- 2 tbsp organic tamari sauce (wheat-free)
- 2 filets of white fish (sole, halibut, tilapia)
- 1 egg
- 1/4 cup spelt or brown rice flour
- 2-3 tbsp coconut oil

Instructions:

1. Bring one cup of water to a boil with quinoa. Reduce to a simmer (low-temp) and cook with a lid for 12 to 15 minutes (or until the quinoa is done). Add tamari and set aside.
2. Whisk egg in a bowl and dip fish filets in the egg. Sprinkle fish lightly in flour (this will help the quinoa stick). Then coat the fish with the quinoa.
3. Heat pan to medium and melt the coconut oil. Place the quinoa-covered filets into the pan and sear each side for five to seven minutes. If the pan is hot enough, the quinoa will stick to the filet. It will form a crunchy layer.