

COCONUT PARM SOLE

Time: 30 minutes

Serves: 4

Ingredients:

50g coconut flour
20g grated Parmesan cheese
2g salt
1g dried oregano
0.5g fresh ground black pepper
2 eggs
500g sole filets

Preparation:

Preheat your oven to 205C.

In a tray, combine flour, Parmesan, salt, oregano and black pepper.

Whisk the eggs and place in another tray.

Run each fish filet through the egg and shake off any excess, then place them in the flour mixture to coat evenly.

Place the fillets on a parchment-lined baking sheet and bake for fifteen minutes or until the coating browns slightly.

Remove from oven and serve immediately.

Nutritional Information Per Serving:

Calories: 278
Fat: 11g
Carbs: 7g
Fibre: 4g
Protein: 36g