

# Gluten Free Crispy Crumbed Fish



A simple classic dish – homemade Fish and Chips with a twist. The fish we crumbed with our new Gluten Free Crispy Crumbs. A yummy blend of gluten free flours and bran made from rice, chickpea and maize.

With gluten allergy and intolerance on the rise, this recipe offers a tasty alternative to the real thing, using sweet potato and serving with fresh salad greens. Enjoy.

**Serving size:** 4

## **Ingredients:**

4 medium size pieces of white fish (we used flake in this recipe)

1 1/2 cups of gluten free crispy crumbs

2 tablespoons sesame seeds

1/4 teaspoon cracked pepper

2 eggs (lightly beaten)

2 large sweet potatoes (cut into wedges)

1/2 teaspoon ground turmeric

salt and pepper

Salad Greens of your choice

## **Method:**

1. Coat the sweet potato wedges in turmeric using a dash of olive oil to wet slightly. Pop into the oven and bake at 180' C for 35-40 minutes or until crispy.
2. Mix the crispy crumbs with the sesame seeds and black pepper and spread out onto some baking paper or a large plate.
3. Place the fish (one piece at a time) into the egg mixture and then onto the plate with your crumbing mix. Coat well, pressing the fish into the crumbs to ensure sticking.

4. Heat 2-3 tablespoons of olive oil in a non stick fry pan. Add the fish and cook both sides until golden brown.
5. Meanwhile, prepare your favourite salad greens and serve alongside the fish and sweet potato wedges with a little sweet chilli sauce or aioli.

Wallah! Homemade Gluten free Fish and Chips...

**Gluten Free | Dairy Free | Refined Sugar Free**