

**ALMOND COATED BARRAMUNDI WITH GARLIC BOK CHOY**

2 portions

INGREDIENTS

- 2 Fillets of white Fish (Barramundi) (320 g)
- 3 tbsp of almond flakes
- 400 grams of bok choy
- 3 tbsps of soy sauce (tamari) (54 g)
- 2 cloves of garlic, crushed (6 g)
- 1 egg, (50 g)
- 20 grams of quinoa flour

COOKING METHOD

- 1° Crack the egg into the bowl and whisk well. Set aside
- 2° Prepare the coating of the fish by placing the flour on a plate and almond flakes in a bowl
- 3° Coat the fish in the flour on both sides, then dip it into the egg mixture ensuring both sides are coated.
- 4° Press the almond flakes on both sides of the fish.
- 5° Meanwhile heat a non-stick fry pan and place the bok choy and the fish on the pan
- 6° Drizzle the soy sauce over the bok choy and mix through garlic.
- 7° Cook the fish and bok choy for a few minutes. If preferred cook the bok choy for a further 5 minutes
- 8° Serve one of the almond coated fish beside half of the bok choy

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (433 g)	% DRI
ENERGY	98 kcal	424 kcal	21 %
FAT	5 g	21 g	32 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	24 %
CHOLESTEROL	22 mg	93 mg	31 %
SODIUM	381 mg	1647 mg	69 %
CARBOHYDRATE	4 g	19 g	6 %
SUGARS	1 g	3 g	—
FIBER	2 g	10 g	39 %
PROTEIN	10 g	43 g	—