

Pecan Crusted Tilapia with Greens

Serves: 2

INGREDIENTS:

- 2 Wild Caught tilapia fillets
- 2 eggs, beaten
- 1/2 cup (+) almond flour
- 1 cup pecans, crushed
- 1 tbsp olive oil

Greens or veggies of choice



Serving size: 1, 5 oz fillet

INSTRUCTIONS:

1. Add almond flour to bowl #1.
2. Crack eggs into bowl #2.
3. Add crushed pecans to bowl #3.
4. Heat olive oil in a pan on the stove top.
5. Dip fish into bowl 1,2 then 3, then straight into the oiled pan. Cook for 5-6 minutes, then flip over. Test with a fork to see if they're done.
6. Easily pair with green, over a salad or with veggies of choice!