

Halibut Fish Sticks

<http://bit.ly/paleo-fish-sticks>

Ingredients:

fish sticks

1.5-2 lbs wild caught haddock
2 large eggs
1 Tbsp old bay seasoning
1/2 tsp salt and pepper
1 tsp garlic powder
1.5 C almond flour

mayo

1 egg
3/4 C coconut oil
1/4 C olive oil
3 Tbsp kosher dill relish
2 Tbsp lemon juice



Method:

1. First off, or possibly the night before, mix egg, lemon juice, and salt and pepper into your [blender](#). Slowly pour in the oil mixture while blending to emulsify the mayonnaise. Add in dill pickle relish and allow to set in the refrigerator. The longer this rests, the more the flavors will marry.
2. Cut your fish into small chunks, and then blend into fine pieces using your food processor.
3. Transfer into a bowl, and mix with 2 large eggs.
4. Form into fish stick sized bites (or your favorite fun shapes) and roll in the dry mixture of salt, pepper, old bay, garlic powder, and almond flour.
5. Place on a baking sheet with parchment paper, and bake in the oven for 25 minutes at 400°F.



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