

Low-Carb Czech Christmas Fried Fish

Hands-on 15 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 6.9 g, Fiber: 4.4 g, **Net carbs: 2.5 g,**

Protein: 35 g, Fat: 33.5 g, Calories: 464 kcal,

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Ingredients (makes 4 servings)

4 fillet loins of carp *or* cod *or* haddock from sustainable sources, ideally skinless (600 g/ 1.3 lb total, 150 g/ 5.3 oz each)

1/8 tsp ground caraway seeds

sea salt and pepper, to taste

1 large egg

1 tbsp heavy whipping cream *or* [coconut milk](#)

1 cup [almond flour](#) (100 g/ 3.5 oz)

4 tbsp [flax meal](#) (28 g/ 1 oz)

1/4 cup [ghee](#) *or* duck fat (55 g/ 1.9 oz)

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Instructions

1. In a medium bowl, mix the almond flour and flax meal.
2. Pat dry the excess moisture from the fish with a clean kitchen cloth or paper towel. Season with salt, pepper and ground caraway on both sides.
3. Crack the egg into a bowl and beat with the cream (or almond milk or coconut milk), and a pinch of salt.
4. Dip the fish fillets or loins, one at a time, in the egg mixture, then in the almond & flax mixture. Gently shake off excess coating and set aside.
5. Heat a large pan greased with ghee or duck fat. Add the "breaded" fish and fry in a single layer on each side over a medium-high heat for 2-3 minutes or until golden brown and crispy. Make sure the pan is hot before frying the fish. Don't be tempted to turn the fish too soon or the "breading" may fall off. *Cooking time depends on the thickness, i.e. thicker loins will take longer than fillets. If using loins, cook on medium-high for 2-3 minutes, then flip on the other side. Cook for 2 minutes on medium-high and then for 2-3 more minutes on medium-low.*
6. Serve warm with [Low-Carb "Potato" Salad](#). Any leftovers can be stored in the fridge for up to 3 days.