

## Healthy Fish Sticks

Recipe brought to you by: <http://www.best-low-carb-recipes.com/>

Makes 2 Servings

### PER SERVING:

376 Calories

6.5g Carbs

3.0g Fibre

3.5 Net Carbs

26g Fat

30g Protein

(60% Fat, 6.7% Carbs, 33.2% Protein)

### INGREDIENTS

4 slices salmon loaf leftovers, cut into "sticks"

2 tbsp butter or avocado oil

Heat butter or avocado oil in a non-stick pan over medium heat and gently place the leftover salmon loaf slices cut side down into the butter.

Pan fry until lightly browned and crispy on one side, about 5 to 7 minutes. Carefully turn the slices over to brown and crisp the other side as well.

The almond flour in the loaf adds a completely new taste and textural experience once the slices are fried this way.

We're crazy about these!

Drizzle with a little lemon juice or serve with homemade tartar sauce. Simply mix 2 parts **mayonnaise** with 1 part sugar free green relish.

I served a simple green salad with a few chopped English cucumbers and a handful of thinly sliced radishes drizzled with avocado oil and apple cider vinegar. It was a very satisfying lunch that kept us going without the need for a snack for many hours.

So now I'm on a quest to try other kinds of fish to create fish sticks without having to make a loaf first. Oh the kitchen fun never ends!

And hey, I was really thrilled with this happy little discovery. Sometimes it's really good not to plan so much. Just go for it and see where you end up!

By the way, if you like the economy of cooking using canned fish, I also have a really awesome [low carb fish cakes recipe](#) featuring canned tuna. These too have a really nice crisp exterior.

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