



Paleo Pan-Fried Oysters

Active Time: 30 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

357.8 calories, 29.64 g carbohydrate, 4.33 g fiber, 25.31 g NET carbs, 20.42 g protein, 17.95 g fat

Ingredients

- 4 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 24 ounce(s) clean-sourced oysters
- 1/2 cup(s) organic arrowroot starch
- 2 large(s) pastured eggs
- 1/4 tsp(s) garlic powder
- 1/2 tsp(s) sea salt
- 3 Tbsp(s) avocado oil
- 1 whole lemon, cut into wedges

Preparation

1. Rinse shucked oysters and set aside.
2. In a medium bowl, whisk to combine the arrowroot, coconut flour, sea salt and spices.
3. In a small bowl, whisk the eggs until frothy.
4. Add fats to a sauté pan over medium-high heat. Bring to 325 F.
5. Dip oysters in eggs, then coat well in the flour mixture.
6. Place coated oysters in the preheated oil. Be careful not to crowd the pan.
7. Cook until golden. Then flip and cook until the outside is crisp and lightly brown. Oysters should be cooked to an internal temperature of 140 F to reduce the risk of foodborne illness.
8. Serve immediately with lemon wedges.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.