



Cassava-Crusted Flounder with Cabbage Slaw + Broccoli

Active Time: 20 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

429.9 calories, 34.35 g carbohydrate, 6.99 g fiber, 27.21 g NET carbs, 37.89 g protein, 17.79 g fat

Ingredients

- 1/2 cup(s) Otto's Cassava Flour
- 24 ounce(s) flounder filets
- 1 1/2 tsp(s) sea salt
- 1 bunch(es) organic broccoli, chopped into florets
- 1/2 head(s), medium red cabbage, sliced thinly
- 1/2 tsp(s) onion powder
- 1 medium carrot, shredded
- 1/2 whole(s) orange
- 1 Tbsp apple cider vinegar
- 4 Tbsp(s) coconut oil

Preparation

1. Prepare the slaw. In a large bowl, add cabbage and one-third of the salt. Massage gently. Juice orange and mix in to the cabbage. Add the carrot and apple cider vinegar. Transfer to refrigerator.
2. Preheat oven to 425 F. Lightly grease a baking sheet. Spread broccoli evenly on the sheet. Sprinkle with one-third of the salt and toss gently. Bake for 20-25 minutes, or until broccoli reaches desired crispiness.
3. Meanwhile, prepare the flounder. In a shallow dish, add the cassava, onion powder and remaining sea salt. Stir to combine. Place coconut oil in a large cast iron skillet and preheat on medium. Line a large plate with paper towels and set on the side of the frying pan.
4. Dredge flounder in the cassava, coating both sides. Carefully place coated filets in the preheated pan (do not crowd). Cook for 2-3 minutes on each side, to golden brown and cooked through. Repeat with remaining fish.
5. Serve crispy fish with cabbage slaw and roasted broccoli.

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