

## FISH FILLETS COATED WITH CRUSHED MACADAMIA NUTS

Recipe by Sylvia Christophorou

### INGREDIENTS:

250g macadamia nuts, crushed  
1 cup plain flour, sifted  
1 cup egg wash  
500g fish fillet (barramundi, sweetlip or king snapper)  
Olive oil to fry

### DIRECTIONS:

Cut fish fillets into strips, making sure all bones are removed. Pat dry excess water off fish fillets.

Coat fish in order: flour, egg wash, crushed macadamia nuts.

Ensuring pan is hot, deep fry until fish are a crispy brown.

