



FRIED FISH SANDWICH

MAKES 1 SERVING

INGREDIENTS

2 SLICES ANTI-INFLAMMATORY FLUFFY SANDWICH BREAD

3-4 OZ WILD ALASKAN COD FILET

1 TSP AVOCADO OIL

HARISSA SEASONING OR PAPRIKA

SALT & PEPPER

1 TBSP AVOCADO OIL MAYO

FRESH LETTUCE

METHOD

SEASON FISH WITH HARISSA/PAPRIKA, SALT, AND PEPPER. DRIZZLE AVOCADO OIL IN SMALL SKILLET OVER HIGH HEAT, ADD FISH, AND FRY UNTIL FULLY COOKED (ABOUT 4 MINUTES). MEANWHILE, TOAST BREAD, THEN SPREAD MAYO ONTO EACH SLICE; TOP WITH LETTUCE AND COOKED FISH.