



## CRISPY FISH w/a BROCCOLI & RED PEPPER RAGOUT

Quite tasty and pretty simple to make.

### Ingredients:

Any white firm fish - Halibut, Snapper Hake, Sea Bass, etc.

Onion - julienned

Red Pepper - cut in thicker strips, then in 3rds

Broccoli Crowns

1 Cup Chicken Broth

2 tsp Honey

1 tsp Rice Wine Vinegar

1 tsp Sherry Vinegar

1 - 2 tsp chopped garlic

Hot sauce to taste - I use Sriracha

Salt and Pepper

Flour for dredging fish - I use Better Batter All Purpose Gluten Free Flour

Blend

Coconut oil

### Directions:

In a large sauté pan, with about 1 TBS. of coconut oil, saute your onions, peppers, and broccoli until onions are beginning to brown.

Meanwhile, bring your stock to a boil; add in the honey, vinegars, and hot sauce.

Add garlic to your broccoli/pepper mixture, cooking for about a minute - but do not allow it to burn.

Add in stock mixture, and allow it to simmer.

In another sauté pan, with 1 TBS. coconut oil - heat to med-high.  
Salt and Pepper your fish, and then dredge it in your flour - and cook.

I cannot give time estimates here as I don't know what kind of fish you'll choose or how thick it will be.

Season your Ragout mixture with a little salt and pepper - then spoon into a large dinner bowl, and place fish on top. Enjoy!

\*\* No need for carbs here.