

## **ZeroKrumbed Fish - Oven Baked**

### **Ingredients:**

1½ cups ZeroKrumbs pork rind crumbs  
1 tsp garlic powder  
1 tsp onion powder  
½ tsp salt  
½ tsp black pepper  
2 large egg whites, lightly beaten  
4 cod fillets (or hake, kingklip, or your fish of choice)  
Beef tallow, for greasing or light brushing  
Lemon wedges, to serve

### **Method:**

1. Preheat your oven to 220°C (425°F) and line a baking tray with parchment. Lightly grease it with beef tallow.
2. In a shallow bowl, combine the ZeroKrumbs, garlic powder, onion powder, salt, and pepper.
3. Place egg whites in a second shallow bowl. Dip each cod fillet into the egg whites, then press into the crumb mixture, coating both sides well.
4. Transfer coated fish to the prepared baking sheet. Optionally, drizzle or brush a little more tallow on top for extra crispiness.
5. Bake on the top rack for 14–16 minutes, or until the coating is golden and the fish flakes easily with a fork.
6. Serve hot, with fresh lemon wedges and a side of carnivore mayo or a simple green salad if you're going keto-flex.

## **ZeroKrumbed Fish - Pan Fried**

Perfect for when you want that deep golden crust and don't mind a little stovetop action.

### **Method:**

1. Prepare fish as per the original recipe — coat with egg whites and ZeroKrumbs mixture.
2. Heat 2–3 tablespoons of beef tallow in a large non-stick or cast iron frying pan over medium heat.

3. Add the fish fillets (in batches if needed) and fry for 3–4 minutes per side, or until golden brown and cooked through.
4. Remove and let drain briefly on a rack or paper towel.
5. Serve hot with lemon wedges and dipping sauce of choice. Our [carnivore mayo](#) would be perfect!

### **ZeroKrumbed Fish - Air-Fried**

For an extra quick, no-fuss option with minimal cleanup.

#### **Method:**

1. Preheat air fryer to 200°C (390°F).
2. Prepare fish as per the original recipe.
3. Lightly spray or brush both sides of the crumbed fillets with beef tallow or animal fat.
4. Place in the air fryer basket in a single layer (you may need to cook in batches).
5. Cook for 10–12 minutes, flipping halfway through, until crisp and golden.
6. Serve immediately with lemon wedges.

