

# Gluten Free, Keto Friendly, Fried Fish

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Here is a easy recipe for some oven fried fish which is super easy to make.

## Ingredients:

- 1/2 cups of **pork rinds**, crushed into the size of bread crumbs (These need to be gluten free in order for this recipe to be gluten free)
- 1/4 cup of mustard
- 1 tbsp **Italian Seasoning**
- 4 5 ounce pieces of fish.

## Directions:

1. Crush the **pork rinds** and mix in the **Italian Seasoning**
2. Preheat oven to 400°F. Coat a large **baking sheet** with **parchment paper**.
3. Place **pork rinds** in a shallow dish. Coat both sides of each cod fillet with mustard and then turn fish in **pork rinds** to coat. Arrange fillets on **parchment paper** and place the **baking sheet** in the oven. Bake until fish is fork-tender and coating is golden brown, about 20 minutes.