Almond-crusted Walleye Pike and Asparagus

Ingredients
2 walleye pike filets
1 bunch of asparagus
1/2 cup almond meal
2 tbsp palm oil
2 tbsp almond oil
Salt and pepper

Directions for fish
1. Preheat a skillet on medium heat.
2. Coat skillet with 1-2 tbsp of palm oil.
3. In a pie dish, add almond meal, sea salt, and pepper to your liking.
4. Coat fish with almond meal breading.
5. Pre-heat skillet; add in 2 fish filets.
6. Cook 3-4 minutes on each side.

Directions for asparagus
1. Preheat a second skillet.
2. Coat with 1-2 tbsp almond oil.
3. Add asparagus to skillet.
4. Season with sea salt and pepper.
5. Cover and cook over medium heat until sizzling, then reduce heat to low until asparagus is tender, not mushy. This takes approximately 12-20 minutes.
6. Squeeze lemon juice over both fish and asparagus when done.

Nutritional Info
Calories: 1,202
Fat: 86 g
Carbs: 33 g
Protein: 87 g