



Ingredients:

For the "Fish" Sticks

- 1 14 oz. jar 396g of hearts of palm, drained, rinsed, and pat dry and chopped up
- ½¾ cup breadcrumbs, gluten free or regular 30g
- 1 teaspoon old bay seasoning
- 1 tablespoon dried crumbled nori
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper

For the Flour mix

- 1 1/2 cup flour of your choice Bob's Red Mill 1:1 Baking Flour weight is 222g
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- 1 teaspoon old bay seasoning

Instructions:

- 1) In a food processor, PULSE all the fish sticks ingredients above until combined, for about 1 minute and you can easily stick it together and press into a firm shape. You want to still have some flakiness to it so don't mix it too much that it's mushy.
- 2) Dump the mixture onto a baking sheet lined with parchment paper or a silicone mat or even a plate lined with parchment paper and press together. Then shape the mixture into individual fish sticks, using about two tablespoons of mixture for each stick, to get about 8 fish sticks. Make sure that you press the sticks firmly together. Set it in the fridge to harden up a bit.
- 3) Dredge cod in flour, shaking off excess. Dip in egg or vegan egg wash, letting excess drip off. Dredge in panko mixture, pressing lightly to adhere. Place on a plate or baking sheet.