

Coconut Macadamia Nut Crusted Mahi Mahi

Ingredients

2 mahi mahi portions, 5 oz	1 1/2 tbsp chopped macadamia nuts
1 1/4 cup chopped pineapple	1 tsp sea salt, divided
1/2 red onion, chopped	1/4 cup light coconut milk
1/4 cup chopped fresh cilantro	1 tbsp soy sauce
2 tbsp shredded unsweetened coconut	1 tbsp olive oil
2 tbsp fresh lime juice	
1 jalapeno pepper, seeded & finely chopped	
2 tbsp panko	

Directions

Preheat oven to 400°. Combine pineapple through the jalapeño pepper in a large bowl. Set aside.

Combine 1/4 cup coconut with the panko, mac nuts and 3/4 tsp sea salt in a shallow bowl. Combine the milk and soy sauce in another shallow dish. Sprinkle fish on both sides with the remaining 1/2 tsp salt. Dip one side of the fish into the milk mixture and then dredge the dipped side into the panko/coconut mixture.

Heat oil in a large nonstick skillet over medium-high heat. Add fish, crust side down, to pan and cook 3 minutes. Add fish, crust side up, to an 8x8 baking dish. Bake for 10 minutes or until fish flakes easily. Serve with salsa.

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