Gobble

Crispy Coconut Hawaiian Fish Tacos

with Pineapple Salsa

We're bringing the mouthwatering island flavors of Hawaii right to your kitchen! Dive into these incredible tacos featuring crispy, pan-fried fish strips. The coconut-crusted fish is served on soft flour tortillas and topped with bright and sweet pineapple salsa, creamy avocado, and sesame coleslaw.

Ingredients

- Fish taco strips F
- Flour tortillas w
- Avocado
- · Shredded cabbage & carrots
- Sesame dressing s w
- Coconut panko breadcrumbs T W

- Flour W
- · Whipped eggs E
- Lime
- · Pineapple tidbits
- Pico de gallo
- Honey
- Breading bags

Allergens

- E Eggs
- F) FISh
- Soy
- Tree nuts
- Wheat

Supplies to Gather

- Nonstick saute pan (12 inches or larger)
- Nonstick saute pan (8 inches or larger)
- Kitchen knife
 & cutting board
- Mixing bowl
- · Small bowl

- · Kitchen tongs
- · Spatula
- Cooking spoon
- · Two plates
- · Paper towels
- Salt & pepper
- · Cooking oil

Did You Know?

Only one pineapple is produced by a single plant in a single season.





- · Cut the avocado in half, discard the pit, and slice the flesh into even segments. Scoop the flesh out of the skin.
- · Slice the lime into wedges.
- In a mixing bowl, toss the shredded cabbage and carrots with the sesame dressing. Season with salt, pepper, and a squeeze of lime. Set aside.
- · Add the honey, pico de gallo, and pineapple tidbits without their juice to a small bowl. Squeeze in the juice of a lime wedge and add small amounts of pineapple juice to your liking. Set aside to soak.



- · Place the fish taco strips onto paper towels and pat dry. Season with salt and pepper.
- · Add the flour, whipped eggs, and coconut panko breadcrumbs into three separate breading bags. Season the flour with salt and pepper.
- · Place the fish strips into the bag of flour. Seal the bag and gently shake to coat. Shake off any excess flour.
- · Place the fish strips into the bag of whipped eggs. Seal the bag and gently shake to coat.
- · Place the fish strips, one at a time, into the bag of coconut panko breadcrumbs. Shake to coat, then set the pieces aside on a plate.



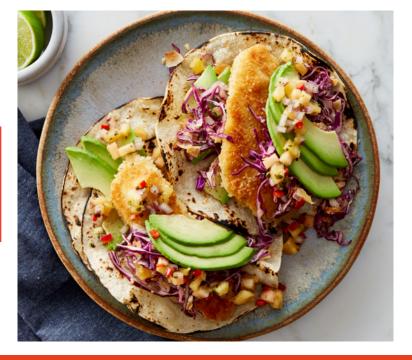
- Line a plate with paper towels and set aside. Place a large nonstick saute pan onto the stovetop, add 1/4 cup of cooking oil, and set the heat to medium. When the oil is hot, carefully place the breaded fish taco strips into the pan. Work in batches, adding additional cooking oil as needed.
- Cook for 2 min on each side, or until golden-brown and crisp. Turn off the heat. Use a spatula to transfer the fish to the paper towel-lined plate. Lightly season with salt while still hot.



- · Meanwhile, place a second nonstick saute pan onto the stovetop and set the heat to medium. Place a flour tortilla into the pan and cook for 30 sec on each side, or until warm and softened. Then set aside, wrapped in a paper towel. Repeat with the remaining tortillas.
- Alternatively, the flour tortillas can be heated directly over the flames of your gas stovetop over medium-low heat.

Let's Plate!

Assemble each taco as desired, layering them with sesame cabbage slaw, avocado slices, and coconut-crusted fish. Finish with the pineapple salsa and a squeeze of lime.



Please Note:

Cooking times may vary due to different appliances and temperatures. Adjust cooking times accordingly.

When adding ingredients to a hot pan always be careful of any oil splatter.