



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 **S** Soy **T** Tree nuts **W** 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.



910

Calories
Per Serving



Hall of
Fame



Not
Spicy



Step 1

- 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.



Step 2

- 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 **breeding 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.



Step 3

- Line a plate with paper towels and set aside. Place a large nonstick saute pan onto the stovetop, add ¼ 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.



Step 4

- 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.**