



Crispy Coconut Hawaiian Fish Tacos

with Sesame Cabbage Slaw & Pineapple Salsa

Surfs up for your tastebuds! Transport yourself to the warm islands of Hawaii with these tasty fish tacos which are sure to bring a smile to your face. Mild barramundi strips are breaded with a coconut panko breadcrumb crust and pan-fried until crunchy and delicious. The coconut-crusted fish is served on soft flour tortillas with pineapple salsa, fresh avocado, and sesame coleslaw.

Allergens: Eggs, fish, milk, 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
- Cooking spoon
- Spatula
- Plate
- Paper towels
- Salt & pepper

GOBBLE DINNER KIT

- Barramundi taco strips
- Pineapple salsa
- Flour tortillas
- Avocado
- Shredded red cabbage
- Ginger sesame slaw dressing
- Coconut panko breadcrumbs
- Flour
- Whipped eggs
- Lime
- Breeding bags

DID YOU KNOW?

Coconuts received their name, in part, from Portuguese sailors who thought the shell resembled a face. "Coco" is Portuguese for "grinning face". The word "nut" was later added on.

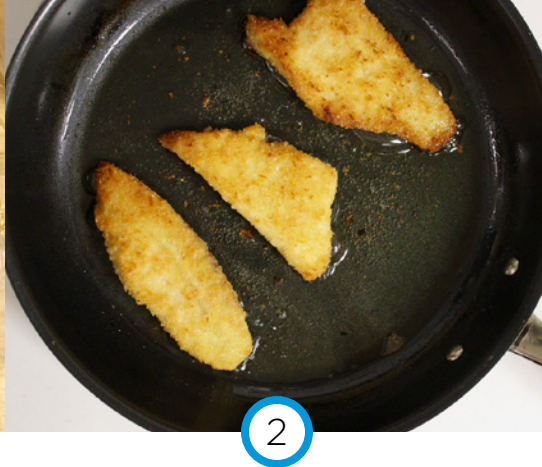
910 EST CALORIES PER SERVING (2 SERVINGS PER KIT)

Let's get cooking! Flip me over.

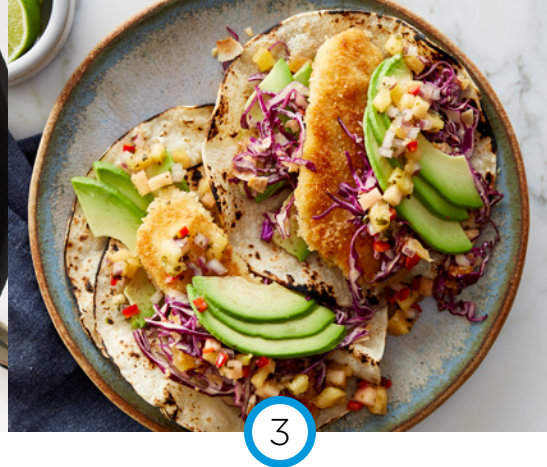
Gobble



1



2



3

Use a clean kitchen knife and cutting board to:

- Slice the **avocado** in half, and discard the pit. Scoop the flesh from the skin, then thinly slice.
- Slice the **lime** into wedges.

Place the **barramundi taco strips** onto paper towels, and pat dry. Season with salt and pepper. Then bread the barramundi taco strips:

- Add the **flour**, **whipped eggs**, and **coconut panko breadcrumbs** into three separate **breeding bags**.
- Place the **barramundi taco strips** into the bag of **flour**. Seal the bag, and gently shake to coat. Shake off any excess flour.
- Place the **barramundi taco strips** into the bag of **whipped eggs**. Seal the bag, and again, gently shake to coat.
- Then, place the **barramundi taco strips** one at a time into the bag of **coconut panko breadcrumbs**. Shake to coat, then set the pieces aside.

In a mixing bowl, toss together the **shredded red cabbage** and the **ginger sesame slaw dressing**. Season with salt and pepper and a squeeze of **lime**. Set aside.

Place a large nonstick saute pan onto the stovetop, add a ¼ cup of cooking oil, and set the heat to medium.

When the oil is hot, carefully place the **barramundi taco strips** into the pan. Work in batches and add additional cooking oil as needed.

Cook for 90 sec on each side or until golden brown on both sides. Transfer the fish to a clean plate lined with paper towels.

Please note:

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

Meanwhile, place a second nonstick saute pan onto the stovetop, add 1 tbsp. of cooking oil into the pan, and set the heat to medium. When the oil is hot, place a **flour tortilla** into the pan, and cook for 30 sec on each side or until warmed or lightly browned. Repeat for the remaining tortillas, adding additional cooking oil as needed.

Alternatively, the **flour tortillas** can be heated directly on a gas stovetop over medium-low heat.

Let's plate: assemble each taco as desired, layering the sesame cabbage slaw, avocado slices and coconut-crusted fish. Finish with the **pineapple salsa** and a squeeze of lime.