

Fish Tacos!



(This recipe serves about 4-5 people)

Ingredients:

- 2 lbs of white fish (preferably cod or tilapia, haddock tends to be too flaky but it will work)
- 1/4 cup of unsweetened shredded coconut
- 1/4 cup almond meal
- Egg wash (about 2-3 eggs)
- Coconut oil (about a tablespoon or enough to coat the frying pan)
- Salt & pepper
- Others spices for flavor depending on the flare you want (cayenne, herbs, garlic, etc.)
- Lettuce OR gluten free tortillas

Directions:

- Crack the eggs into a bowl and whisk together. In another shallow bowl, combine the shredded coconut, almond meal, and spices.
- Slice the raw fish into taco sized portions (about 1" x 3" to 4")
- Dip the fish in the egg wash and then roll in the coconut, almond meal, and spice mixture.
- In a frying pan, heat the coconut oil on medium-high heat.
- Place the coated fish into the frying pan and cook on each side for about 3 minutes or until golden brown.
- The fish is ready to serve with your tacos!!!

Top your tacos with our Mexican Cabbage and Avocado Slaw and our Paleo Spicy Mayo!

Build your taco!

- Take the lettuce or gluten free tortilla and put the fish in the center.
- Add some of the slaw on top and then a dollop of spicy mayo.
- Add shredded cheddar cheese for a primal dish!
- Enjoy!