



ME Recipe: Coconut Pecan Crusted Cod

Ingredients:

- 2 4-5 oz. cod filets
- ¼ c. coconut flour
- 1 egg, beaten
- ¼ c finely chopped pecans
- ¼ c. shredded coconut
- 1 tbsp. butter
- 1 tbsp. safflower oil
- Salt and pepper to taste

Salt and pepper the cod filets. Place flour in a shallow bowl. Beat egg and place in shallow bowl. Place coconut and pecans in Magic Bullet or some type of blender. Pulse until finely chopped but now too powdery. Heat shallow pan on medium to high heat. Place butter and oil in pan. Place filets in flour and coat completely, dip in egg to coat and dip in pecan and coconut mixture until coated. Once pan is hot, place filet in pan. Turn heat to medium. Cook until golden brown on one side and turn over filet. Cook until fish flakes easily with fork. **Be sure to watch the fish as the nuts can burn easily. Cook at a little lower temperature for a little longer than normal fish dishes.