



Recipe: Crispy Coconut Mahi Mahi with Pineapple Mango Sauce

Coconut Mahi Ingredients:

- Five 6 oz pieces of Mahi Mahi
- Unsweetened coconut flakes
- 2 whole eggs
- Optional: several drops of liquid stevia in Lemon

Pineapple Mango Sauce Ingredients:

- 1 can coconut cream
- 1/3c fresh mashed mango
- 1/3c fresh mashed pineapple (can leave chunky for more texture)
- Juice of 1-2 freshly squeezed limes
- Crushed red pepper to taste

Directions:

- Rinse Mahi pieces and pat with paper towel
- Beat whole eggs in a bowl with optional stevia drops
- Place coconut flakes in a separate bowl by itself
- Dip each piece of fish into the egg/stevia mixture, and then roll in the coconut flakes.
- Place onto stove and fry in coconut oil
- As the fish is cooking, place ALL of the sauce ingredients into a pan and let “simmer” on low heat until fish is ready. Make sure you’re stirring the sauce regularly to incorporate the ingredients evenly!
- Place a tablespoon of sauce on top of your fish and enjoy!

