



ME Recipe: Macadamia Nut-Crusted Mahi Mahi

Ingredients:

- 2 Mahi Mahi filets (or other meaty whitefish such as halibut or swordfish)
- 1 cup coconut milk
- ¼ cup macadamia nuts, finely ground
- ¼ cup almond or coconut flour
- 1 tbs cilantro
- 3 tbs coconut oil, melted
- Sea salt to taste

Directions:

Marinate fish in coconut milk for 30 minutes. Preheat oven to 425. Salt fish and place on a baking sheet and bake for 5 minutes. As fish is cooking, combine nuts, flour, cilantro and 2 tbs coconut oil. Remove fish from oven, turn over and brush with 1 tbs coconut oil. Distribute nut mixture evenly between the two fish filets, pressing mixture into the filets so that it forms a semi-thin layer. Put fish back in oven, and bake for another 10 minutes or so.