



COCONUT ALMOND FISH WITH COCKTAIL SAUCE
RECIPE

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COOK TIME

15 mins

PREP TIME

15 mins

SERVES

4 x

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INGREDIENTS

- 4 cups (540 g) pieces fish
- 3 eggs (whisked)
- 1 packet (250 g) shredded coconut
- 1 packet (230 g) flaked almonds
- 3 cups (750 ml, 24 fl oz.) coconut oil
- 1 jar MasterFoods™ Seafood Cocktail Sauce
- 1 Tsp MasterFoods™ Tomato Sauce
- 1 Tbsp egg mayonnaise

METHOD

1. 1.
In a food processor whizz the almonds and shredded coconut to make a crumb.
2. 2.
Coat small cut pieces of Fish with whisked egg, then the crumb.
3. 3.
Shallow fry in coconut oil until crispy.
4. 4.
Serve in a basket with a small ramekin of MasterFoods™ Seafood Sauce mixed with extra MasterFoods™ Tomato Sauce and egg mayonnaise.
5. 5.
This is perfect to pass around or have on the table all summer. It's great also with leftover seafood and salmon.

Source URL:

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