



Coconut Panko Crusted Tilapia

Ingredients:

- 1 C. flour
- 2 eggs
- ½ C. unsweetened coconut flakes
- 1 Tbs. chili powder
- 1 C. Panko breadcrumbs
- 1 tsp. Kosher salt
- 4 tilapia fillets
- 2 Tbs. vegetable oil

Directions:

Place flour in a shallow bowl or dish. In a small mixing bowl, whisk eggs until combined.

On a plate, mix coconut, Panko, chili powder, and salt with a fork.

Heat oil in a medium saucepan over low heat.

Dip tilapia first into flour, then into egg and lastly into coconut-Panko mixture.

Place breaded fish in pan, increase heat to medium and cook on first side for 1½-2 minutes.

Flip fillets and cook on other side until fish is cooked through and flakes easily with a fork, about 3 more minutes.