

## Fish Fingers

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
fish	1 pound	skinned & cubed
egg	1 – 2	beaten
wheat flour	½ cup	
Panko crumbs	½ cup	
salt	1 tsp	
pepper	to taste	
unrefined coconut oil	4 TBLSP	

- Beat the egg in a shallow bowl.
- Mix the flour, Panko, salt & pepper in a second shallow bowl.
- Dredge the fish pieces first in the egg and next in the flour mixture.
- Heat coconut oil in a frying pan on medium heat.
- When the oil is hot, add the fish. Fry until golden on one side without disturbing. Turn pieces over, and fry until golden on the other side.
- Serve with coconut rice and stir-fried veggies.

**NOTE:** This recipe also works for chicken. You can fry green tomato slices using the same method, but change the oil to either refined coconut oil or sesame oil so the tomato flavor rings out. Unrefined, virgin coconut oil tastes like coconut. Refined coconut oil has no flavor.