

Breaded & Baked Coconut Tilapia

- Prep Time: 15 minutes
- Cook Time: 15 minutes
- Total Time: 30 minutes
- Servings: 2

Ingredients:

- Carlini Butter Cooking Spray
- 2 pounds Fresh Tilapia Fillets, cut into bite sizes
- ground Stonemill Sea Salt Grinder, to taste
- ground Stonemill Peppercorn Grinder, to taste
- 1/2 cup Goldhen Liquid Egg Whites
- 2 tablespoons cold water
- 3 cups Millville Bran Flakes, crushed
- 1/4 cup Baker's Corner Coconut Flakes*
- 1/2 cup chopped parsley
- 2 teaspoons lemon zest
- 1 tablespoon Burman's Dijon Mustard
- 1 tablespoon Burman's Yellow Mustard
- 2 teaspoons Simply Nature Organic Wildflower Honey
- 1 lemon, zested
- 1 lime, zested and juiced
- 1/2 cup Friendly Farms Plain Nonfat Greek Yogurt

***These are Seasonal items that are only in stores for a limited time and may no longer be available.**

Directions:

1. Preheat oven to 375°.
2. Line a baking sheet with aluminum foil and coat with cooking spray.
3. Season tilapia fillets with salt and pepper, to taste. Reserve.
4. Whisk egg whites with water to create an egg wash. Reserve.
5. In a food processor, pulse bran flakes, coconut, parsley and lemon zest until it resembles breadcrumbs. Reserve.
6. In a medium bowl, whisk mustards, honey, lemon zest, lime zest, lime juice and yogurt together. Chill.
7. Dip seasoned fish into egg wash then coat in bran mixture. Place a few inches apart on prepared baking sheet.
8. Spray fish with cooking spray and bake for 15 minutes. Serve with yogurt sauce.



Recipe Courtesy of:
ALDI Test Kitchen