



Fresh. Simple. Sustainable.

Macadamia Nut Crusted Hawaiian Kanpachi (and Mango Papaya Salsa) Blue Ocean Mariculture

6 6-ounce Hawaiian Kanpachi fillets ½ cup all-purpose flour

2 large eggs

3 cups macadamia nuts

4 tablespoons olive oil

Salsa Ingredients

2 large red bell peppers, cut into ¼ inch pieces

1 mango, peeled, pitted, cut into ¼ inch pieces

1 papaya, peeled, seeded, cut into ¼ inch pieces 1 cup finely chopped fresh cilantro

½ small red onion finely diced

2 tablespoons fresh lime juice

1 tablespoon olive oil

1 tablespoon rice vinegar

1 teaspoon finely chopped garlic

¼ teaspoon cayenne pepper

Combine Salsa ingredients in large bowl and stir to blend. Season salsa to taste with salt and pepper (Salsa can be prepared 1 day ahead. Cover and refrigerate. Bring to room temp before serving).

Preheat oven to 350°. Place flour in shallow bowl. Whisk eggs in small bowl to blend. Finely grind nuts in processor, transfer nuts to another bowl. Sprinkle Hawaiian Kanpachi fillets with salt and pepper. Coat fillets with flour. Dip fillets into eggs, then macadamia nuts, coating completely. Heat 2 tablespoons of oil in each of 2 large skillets over medium heat.

Place fillets in each skillet; cook until golden brown, about 2 minutes per side. Transfer fillets to large baking sheet.

Bake fish until just opaque in center, about 7 minutes depending on thickness. Divide salsa on plates, top with fish and serve.

Serves 6

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