



Coconut Cod Tacos

4 servings

35 minutes

Ingredients

- 1 Egg
- 1/2 cup Unsweetened Shredded Coconut
- 1/4 cup Coconut Flour
- 1/2 tsp Paprika
- 1/4 tsp Sea Salt
- 2 Cod Fillet (cut into small pieces)
- 8 Corn Tortilla
- 1 Yellow Bell Pepper (sliced thinly)
- 1/4 cup Watermelon Radish (thinly sliced)
- 1 Lime (juiced)
- 1/4 cup Cilantro (optional, roughly chopped)
- 1 Avocado (cubed)

Nutrition

Amount per serving	
Calories	447
Fat	18g
Carbs	43g
Fiber	10g
Sugar	2g
Protein	27g
Cholesterol	96mg
Sodium	253mg
Vitamin A	494IU
Vitamin C	97mg
Calcium	241mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

Notes

Cod Fillets, We recommend using cod fillets that are approximately 230 grams or 8 ounces in size each.

Serving Size, One serving is equal to two tacos.

No Tortillas, Use lettuce as a wrap.

No Watermelon Radish, Omit or use regular radish.

Likes it Spicy, Add hot sauce or cayenne pepper to the assembled tacos.

Likes it Saucey, Drizzle the assembled tacos with mayonnaise or sour cream.

Leftovers, Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.