



Macadamia Crusted Mahi Mahi

1/2 c macadamia nuts
1 c panko bread crumbs
1/4 c fresh parsley, loosely packed
Zest of 1 lemon
Salt and pepper to taste
1/2 c skim milk
1 t Dijon mustard
12 oz. mahi mahi
1 T butter

For the salsa:
1 c pineapple, chopped
1 c mango, chopped
1 shallot, diced
1/4 c shredded coconut
Juice from 1 to 2 limes
1 T rice vinegar
1 T sugar
Salt to taste

For the salsa:

Combine all the ingredients in a mixing bowl, cover and set aside.

For the fish:

Preheat the oven to 375F. Pulse the macadamia nuts, panko and parsley in a food processor until ground. Add the breading to a mixing bowl and mix in the zest of the lemon and seasonings to taste. In a shallow bowl mix together the milk and mustard. Soak the mahi mahi in the milk and then place into the bowl with the bread crumbs coating thoroughly on both sides.

Heat a skillet over medium-high heat and melt the butter. Next add the macadamia crusted mahi mahi to the skillet and brown the crust, about 1 to 2 minutes per side. Remove the mahi mahi from the skillet and place on a parchment lined baking sheet. Bake the fish for 8 to 10 minutes, or until internal temperature reaches 135F. Let the fish rest for a few minutes and serve.

Serve the mahi mahi topped with the pineapple-mango salsa.