

# *Wine & Dine with Jeff*

## **Coconut Crusted Orange Roughy with Mango Salsa**

Coconut Orange Roughy with Mango Salsa  
pairing with Pierre Riffault Sancerre Les 7  
Hommes 2018



# INGREDIENTS

- 1 pound of orange roughy filets
- 4 limes juiced
- 3 cloves of minced garlic
- 3 tablespoons of coconut oil
- 1 cup of unsweetened coconut flakes
- 1 cup of coconut flour split into dredging stations (1/3 cup into coconut flakes and 1/2 cup by itself)
- 1 teaspoon of curry powder of choice
- 2 eggs beaten
- Salt and pepper to taste

## INGREDIENTS FOR MANGO SALSA

- 1 diced mango
- 1/4 cup of diced red onion
- 2 tablespoons of red bell pepper diced thin
- 1 small jalapeno seeds removed diced thin
- 3 tablespoons of cilantro
- 1/2 lime juiced
- Salt and pepper to taste

# DIRECTIONS

1. In a bowl, add juice of 4 limes and minced garlic with salt and pepper. Add fish filets and marinate them for 15 minutes
2. Mix your salsa by adding mango, red bell pepper, red onion, jalapeno, cilantro and lime juice. Salt and let marinate in fridge while finishing the fish.
3. You will have 3 dredging stations. One with just beaten eggs, the second with just coconut flour, and the third with coconut flakes , 1/3 cup of coconut flour and curry powder. Make sure to salt each station.
4. Remove fish from the marinade and drop directly into coconut flour and then into the beaten egg wash. This will act as the glue to hold the coconut flake mixture. Drop directly into the coconut flakes and press down on each side to make the flakes hold.
5. In a saute pan on medium heat, add 3 tablespoons of coconut oil. After heated add the fish filets and brown each side from 2 to 4 minutes (depending on the thickness of your fish) until fish is cooked through and is light & flaky.