

Coconut Cod Tacos

12 ingredients · 35 minutes · 4 servings



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

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.

Serving Size

One serving is equal to two tacos.

Fillet Size

One fillet is equal to 231 grams or 8 ounces.

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 Saucy

Drizzle the assembled tacos with mayonnaise or sour cream.

Ingredients

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

Nutrition

Amount per serving

Calories	447	Vitamin C	97mg
Fat	18g	Calcium	241mg
Saturated	9g	Iron	3mg
Carbs	43g	Vitamin D	52IU
Fiber	10g	Vitamin E	2mg
Sugar	2g	Vitamin K	14µg
Protein	27g	Folate	71µg
Cholesterol	96mg	Vitamin B12	1.2µg
Sodium	253mg	Magnesium	61mg

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Potassium	878mg	Zinc	1mg
Vitamin A	495IU		