

DEBI SHAWCROSS

Crispy Talapia with Hawaiian Salsa

3 eggs
½ teaspoon salt
½ teaspoon pepper
½ cup, +2 tablespoons honey mustard
1 cup flour
2 1/2 cups Panko (Japanese breadcrumbs)

6 6-ounce Talapia filets

½ cup(or a bit more) canola oil

Whisk together eggs, salt, pepper, and honey mustard. Pour flour onto plate. Pour Panko crumbs onto plate. Dredge each filet on both sides in flour, then dip into egg mixture, and then into Panko crumbs. Transfer to a baking sheet. Heat oil in large sauté pan over medium high heat. Add fish and cook until golden brown , about 4 minutes per side.

Transfer to plates and serve with *Hawaiian Salsa.
6 servings

Hawaiian Salsa

1 1/2 cups chopped mango
1 cup finely chopped fresh pineapple
1 cup chopped red bell pepper
¼ cup chopped cilantro
¾ cup chopped green onions
½ jalepeno pepper, minced
2 tablespoons lime juice
2 tablespoons olive oil
½ teaspoon salt

Combine all ingredients in a medium bowl.
Makes 3 ½ cups