



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
20 min	15 min	35 min	4

Made with

# NatuChips® Plantain Chip Crusted Fish

## Ingredients

- 1 bag (4.5 oz) NatuChips® Plantain Chips Original
- 1/4 cup all-purpose flour
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 egg
- 4 (each about 5 to 6 oz) tilapia or cod fish fillets
- 1/4 cup canola oil
- 1 bag (12 oz) shredded cabbage mix
- 1/4 cup creamy coleslaw dressing
- Lime wedges, for serving

## How to make it

1. In a food processor, pulse NatuChips® Plantain Chips Original until finely ground. Transfer to a shallow dish.
2. Transfer flour to a second shallow dish and whisk in salt and pepper.
3. In a third shallow dish, beat egg.
4. Pat fish fillets dry with paper towel. Dredge each in flour, dip in egg and coat evenly with ground plantain chips.
5. In large nonstick skillet set over medium heat, heat oil. Cook breaded fillets, turning once, for 4 to 8 minutes or until golden brown and fish is just cooked through.
6. In medium bowl, toss cabbage mix with dressing until well coated.
7. Serve fish with coleslaw and lime wedges.



**NatuChips® Plantain Chips Original**