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# Coconut Panko-Crusted Fish with Key Lime Butter

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Servings: 2

Start to Finish Time: 25 minutes

## **KEY LIME BUTTER**

**1/4 cup cold unsalted butter**

**zest of one lime**

**2 tablespoons Key lime juice**

**1/2 teaspoon chili-lime seasoning**

**2 tablespoons coconut milk**

## **FISH**

**2 (six ounce) white fish fillets (grouper, snapper or cod)**

**2 tablespoons flour**

**1 tablespoon chili lime seasoning, divided**

**1/4 cup coconut milk**

**1/2 cup Japanese-style plain Panko bread crumbs**

**1/4 cup unsweetened shredded coconut**

**1/4 cup vegetable oil**

**2 tablespoons green onions, sliced**

Make the Key Lime Butter: Cut the butter into small cubes. Zest the lime (1/2 teaspoon). Place the lime zest in a small saucepan with the lime juice. Cook on medium-low and bring to a simmer. Add the butter two pieces at a time, whisking constantly until melted and blended. Remove the pan from the heat and whisk in the two tablespoons of coconut milk and 1/2 teaspoon of chili-lime seasoning.

Thaw the fish (if needed). Check the fish for bones.

In a shallow bowl, combine the flour and 1/2 teaspoon of the chili-lime seasoning. Place 1/4 cup of the coconut milk in a second shallow bowl. In a third shallow bowl, combine the bread crumbs and the shredded coconut.

Preheat the oil in a medium saute' pan on medium heat for 2 to 3 minutes.

Pat the fish dry with clean paper towels (if needed). Season with 1/2 teaspoon of the chili-lime seasoning. Dredge the fish in flour (shaking off any excess) and then dip in coconut milk. Coat evenly with the bread crumb mixture, pressing with your fingers to adhere (wash your hands).

Place the fish carefully in the oil in the fry pan. Fry for 8 to 12 minutes, turning occasionally, until the coating is golden, the fish flakes easily and the center is 145 degrees. Remove from the pan and drain.

Serve the fish with the Key Lime Butter and green onions.

## **Seafood**

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*Per Serving (excluding unknown items): 578 Calories; 61g Fat (92.5% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 11mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 12 Fat.*