



# Dinner Recipes

## Coconut Mahi Nuggets

### Ingredients:

- 1 ¼ lb Fresh Mahi
- 1 large egg
- 1 cup almond flour
- 2/3 cup finely shredded *unsweetened* coconut
- ¾ tsp salt
- 1 tsp pepper
- ¼ cup extra virgin coconut oil
- lime wedges



### Directions:

1. Whisk egg
2. In a plastic container mix coconut, almond flour, salt and pepper
3. Cut mahi into 1-2 inch cubes
4. Heat coconut oil in a large skillet pan
5. Add mahi to egg and toss to coat evenly then transfer to coconut/almond mix container (repeat for about ½ mahi cubes)
6. Once mahi cubes are in the coconut mix, place lid on container and shake to coat mahi
7. Transfer to skillet and cook for about 2-4 minutes on each side (until crust is golden brown)
8. Transfer to wire rack and cool
9. Repeat for other ½ of mahi cubes (coat in egg, then toss in the coconut/almond flour mix) and cook in large skillet
10. Serve with lime
11. Enjoy!

Serving size is 6 1oz cubes, makes 3 servings

### Nutrition Information:

#### Meal Plan Blocks:

1 serving: 238 calories, 5 grams protein, 35 grams carbs, 8 grams fat

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