
Baked Almond Fish Fillets with Lilikoi Lemon Sauce

Total time: 25 min Yield: 10 Servings

Ingredients

1 pkg Hawaiian Sun powdered lilikoi drink mix
water
1 tsp vinegar
2 Tbsp lemon juice
2 tsp soy sauce
5 Tbsp corn starch
3 eggs (beaten)
1 1/2 cup flour
1 1/2 cup sliced almonds
oil
8 fish fillets - preferably fresh fish, but frozen will work (Onaga, mahi mahi, tilapia, etc.)
1/8 tsp salt
1/8 tsp pepper
1 stalk green onion (thinly sliced)

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Instructions

Preheat oven to 350° F. In a saucepan, heat Hawaiian Sun powdered lilikoi drink mix with 2 cups of water, vinegar, lemon juice and soy sauce on medium high heat. Let reduce for 5 minutes, then thicken by stirring cornstarch dissolved in 5 tbsp. of water into the sauce. Set aside and keep warm on simmer. In 3 separate dishes, place eggs, flour and almonds, respectively. Prepare a foil lined baking sheet, and wipe with oil. Season fish fillets with salt and pepper, then dip in flour first, eggs second and almonds last. Place on baking sheet and bake on the middle rack for 8 minutes, until almonds are toasted and brown. Drizzle lilikoi-lemon sauce over the fish, garnish with green onions and serve some extra on the side.

Recipe brought to you by:

Chef Joanne Chang

Source:

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