



# FIXATE RECIPES

## CRISPY FISH TACO BOWLS

Serves: 4 (1 bowl each)

GF

Total Time: 30 min.

Prep Time: 13 min.

Cooking Time: 17 min.

- 1 lb. raw cod, skinless, boneless, cut into 4 equal pieces
- 1 tsp. Old Bay Seasoning®
- ¼ tsp. sea salt (or Himalayan salt)
- 1 cup gluten-free panko bread crumbs
- 2 large eggs
- 2 Tbsp. unsweetened coconut milk beverage
- ½ cup gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
- ¾ cup shredded cabbage (approx. ⅓ medium head)
- ½ cup **FIXATE Roasted Tomatillo Salsa** (see separate recipe for **FIXATE Roasted Tomatillo Salsa**)
- ½ cup chopped red onion (approx. ⅔ medium)
- ½ cup reduced-fat (2%) sour cream
- ¼ cup chopped green onion (approx. 2 medium)

**SPECIAL EQUIPMENT:** Nonstick cooking spray

Old Bay Seasoning is a trademark of McCormick & Company, Inc.  
Bob's Red Mill is a trademark of Bob's Red Mill Natural Foods, Inc.

1. Preheat oven to 350° F.
2. Lightly coat a baking sheet with spray; set aside.
3. Sprinkle cod with seasoning and salt; set aside.
4. Heat a medium nonstick skillet over medium-high heat.
5. Add bread crumbs; cook, stirring continuously, for 5 minutes, or until golden brown. Transfer to a heatproof plate; set aside to cool.
6. Place eggs and coconut milk in a medium bowl; whisk to combine. Set aside.
7. Add flour to a large plate; spread out evenly. Dredge each piece of fish in flour, dip in egg mixture, then roll in bread crumbs to coat.
8. Place fish on prepared baking sheet, spacing evenly. Bake for 10 to 12 minutes, or until cooked through.
9. To each of 4 bowls add 1 piece of fish, 3 Tbsp. cabbage, 2 Tbsp. tomatillo salsa, 2 Tbsp. red onion, 2 Tbsp. sour cream, and 1 Tbsp. green onion.

**RECIPE NOTES:**

- Any firm, white fish can be used in place of cod.
- The containers take into account that not all of the flour, egg mixture, bread crumbs, or coconut milk will stick to the fish.

**Nutritional Information (per serving):**

Calories:	201	Cholesterol:	115 mg	Fiber:	1 g
Total Fat:	5 g	Sodium:	391 mg	Sugars:	4 g
Saturated Fat:	2 g	Carbohydrates:	14 g	Protein:	25 g

THE ULTIMATE PORTION **FIX** Container Equivalents (per serving)

■ ½ ■ 1 ■ ½ ■ ½

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.