



Fish Tacos

Ingredients:

- 1 cup Baker's Rack® Coating & Breading Mix (either Seasoned or Original)
- 4 White Corn Tortillas
- 2 Tilapia Fish Fillets
- 1 Tbsp Paprika
- ¼ tsp Salt
- 1 Large Egg, beaten
- 1 Tbsp Half and Half
- 4 Tbsp Coconut or Vegetable Oil of choice

Preparation:

1. Taco Shells
 - a. **Preheat** a 10" cast iron skillet to 325°F (Medium heat).
 - b. **Add** 2 Tbsp of Coconut Oil or Vegetable Oil of choice.
 - c. **Fry** each tortilla to desired crispness and shape into a taco shell. Set aside.
2. Tilapia Fish Fillets
 - a. **Cut** each fillet into 1 ¼" strips lengthwise; 4 strips per fillet.
 - b. **Dredge** each Tilapia strip through the dry Baker's Rack® Coating & Breading Mix, brush off excess mix.

***Note:** Use either Original Coating & Breading Mix or Seasoned Coating & Breading Mix (spicy, more Cajun-style seasoning).

 - c. **Place** strips on an empty plate with space in between each strip.
 - d. In a bowl, **beat** a mixture of egg and the Half & Half.
 - e. **Dip** each strip in the egg mixture, then dredge through batter mix again.
3. **Preheat** 10" cast iron skillet to 350°F (Medium heat).
4. **Add** 2 Tbsp Coconut Oil or Vegetable Oil of choice.
5. **Cook** Tilapia strips until golden brown, approximately 1-2 minutes on each side.
6. **Fill** each taco shell with 2 strips of Tilapia.
7. **Top** with Coleslaw and serve with lime wedge and cilantro. **Enjoy!**

Recipe compliments of **The Baker's Rack®** Gluten-Free Baking and Coating Mixes
Please visit our web-site www.gfbakersrack.com for product information and additional recipes