

Ingredients for Mango Slaw:

1/2 cup fresh mango
1 cup green cabbage
1 cup purple cabbage
1 cup fresh spinach
1 green onion
2 tbsp julienned red bell pepper
1/4 cup fresh cilantro

Ingredients for Mango Slaw Dressing:

1 clove garlic finely minced
1 tsp finely minced ginger
1 tsp Sriracha
1 tsp dijon mustard
1/2 tsp dried basil
1 1/2 tsp soy sauce
2 tsp sesame oil
3-4 tbsp olive oil
1 tbsp natural, creamy peanut butter
juice of one small lime (about 2 tbsp)

Ingredients for Crispy Fish:

Mahi Mahi or similar whitefish
1 cup buttermilk
1/2 cup panko bread crumbs
hot sauce to taste



Directions:

1. **Marinate fish.** Mix buttermilk and hot sauce in a container or plastic bag and submerge fish fillets. Allow to marinate for at least a half hour, up to three.
2. **Prepare dressing for slaw.** Combine all ingredients in a clean jar with a tight-fitting lid and shake. Store in the refrigerator until ready to use.
3. **Prepare slaw.** Wash and chop cabbage and spinach, dice green onion, julienne red bell pepper, chop cilantro. Combine in a bowl.
4. **Prepare mango.** Keep separate from rest of slaw until ready to toss. Return slaw and mango to the refrigerator until ready to use.
5. **Prepare fish.** Spread panko bread crumbs on a plate. Remove fish from marinade

and roll in panko bread crumbs until coated. Discard marinade after use.

6. **Fry fish.** Heat oil to medium-medium-high and fry fish. About 4-5 minutes a side depending on thickness of fish.
7. **Finish slaw.** While fish is frying, add dressing to slaw and toss. Betty reserves about a tablespoon or two of the dressing to serve on the side (if extra is desired for the fish). Add mango to tossed slaw and gently toss again. Place slaw on plates.
8. Drain fried fish on paper towel to remove excess oil.
9. Top plated slaw with fish and enjoy!

Makes 2 hearty entrees or 4 lunch entrees.