



Fish Fillet With Fiesta Salsa Recipe

Preparation Time	15
Cooking Time	15
Serving Size	6

Ingredients:

- 1 kg cream dory fillet
- 1 1/2 cups all-purpose flour
- 2 pcs egg, beaten
- 2 cups bread crumbs, Japanese
- 1 1/2 cups oil

- 1 can DEL MONTE Fiesta Fruit Cocktail (836g), drained
- 1/2 cup onion, red, chopped
- 1/3 cup cilantro, chopped
- 2 pc lime, juiced & zested
- 1/2 tsp salt
- 1/4 tsp pepper, black

Preparation:

1. Dredge fish in flour and tap off any excess. Dip in eggs and dredge in breadcrumbs. Pan fry until golden brown and cooked through. Set aside.
2. In a bowl, mix together DEL MONTE Fiesta Fruit Cocktail, onion, cilantro, lime juice and lime zest. Season with salt & pepper. Serve on top of fish.

Chef's Tip

Cream Dory may be substituted with other kinds of white fish fillet such as dorado, tilapia, maya maya or labahita. Just remember that the thicker the fillets, the longer the cooking time so adjusting the heat may be necessary.

Lusog Notes

Cooking Skills Needed

- Chopping
- Mixing
- Pan-Frying

Cooking Tools

- Fish Turner
- Can Opener
- Rubber Spatula
- Chopping Board
- Measuring Cups
- Strainer