

Less than 1 hour

Serves 4

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Ingredients:

- 1 cup (125g) rolled oats
- ½ cup (50g) desiccated or fresh coconut, grated
- Salt and milled pepper
- 1kg fresh hake fillets
- 2 eggs
- 4 PnP multi-seed tortillas
- Guacamole, lime wedge, shredded red cabbage and sliced jalapeños (optional), for serving

Method

1. Preheat oven to 200°C.
2. Blitz oats to a coarse flour in a food processor.
3. Combine with coconut in a bowl and season.
4. Pat hake fillets dry with paper towel and cut into 5cm strips. Season well.
5. Whisk eggs and add to a shallow bowl.
6. Dip fish strips into egg then into oat flour mixture, coating all sides well.
(Repeat process if you want a thicker crumb coating.)
7. Place on a baking tray lined with baking paper and bake for 18-20 minutes.
8. Grill fish fingers under oven grill for 3-5 minutes for a golden finish.
9. Create tacos while oven is still hot by hanging tortillas over two wires of the oven rack or create bowls by loosely fitting into an oven-safe bowl.
10. Bake for 5-8 minutes until crisp and lightly browned.
11. Fill tacos with fish fingers, guacamole, cabbage and sliced jalapeños.
12. Serve with lime wedges on the side.

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