

RECIPE: FISH TACOS

SERVES: 6 PREP TIME: 25 mins COOK TIME: 20 mins TOTAL TIME: 45 mins

INGREDIENTS:

- 1 pound white fish filet, cut into bite-sized pieces
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- ¼ smoked paprika
- ⅓ teaspoon of ground cumin
- ½ white onion, finely chopped
- 3 cloves of garlic, minced
- 2 roma tomatoes, diced
- 1 bunch cilantro, chopped
- 1 jalapeño, finely chopped (optional)
- ½ purple cabbage, sliced thinly
- Olive oil
- Corn tortilla
- 2 avocados
- 2 limes

INSTRUCTIONS:

- Season the fish on all sides with salt, pepper, paprika and cumin. Place it in the refrigerator.
- On medium heat, stir fry the onion and garlic with oil. Add the tomatoes, cilantro and jalapeño pepper. Sauté for 5 to 8 minutes and set aside.
- In the same pan, sauté the fish until the internal temperature reaches at least 145°F, or until it flakes apart easily.
- To serve, place pieces of fish along the middle of a tortilla and top with cabbage, sautéed vegetable mixture, slices of avocado and a squeeze of lime juice.

