



Stress Less Recipe



Fish Tacos

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I love fish tacos, and they are always something I order in restaurants, with extra guacamole of course. I also find these fish tacos to be easy weeknight dinners, especially when we are eating in shifts. The fish keeps well once baked, and the tortillas can be warmed as needed.

SERVINGS 4-6

PREP TIME 20 MIN

COOK TIME 20 MIN

INGREDIENTS

Fish

- 1 lb halibut or cod fish
- ¼ cup avocado oil 1 tsp
- dried oregano 1 tsp
- smoked Spanish paprika
- ¼ tsp red pepper flakes (optional)
- ¼ tsp garlic powder 1 lemon juiced
- ½ tsp salt ¼ tsp freshly ground black pepper

Lime coleslaw

- 3 Tbsp lime juice 3
- Tbsp rice vinegar
- 2 garlic cloves
- ½ tsp salt
- ½ cup grapeseed oil or olive oil
- ½ cup fresh cilantro leaves 1½ cups shredded purple cabbage 1 carrot, grated
- ½ red bell pepper, thinly sliced
- To assemble tacos 8 small corn tortillas Guacamole (optional) Hot sauce (optional)

DIRECTIONS

1. Preheat oven to 400 °F (205 °C).
2. Rinse fish under cold water and pat dry with a paper towel.
3. Cut into 2-inch pieces. In a bowl, whisk together oil, lemon juice, and herbs.
4. Add fish and gently stir to coat in the marinade.
5. Refrigerate for at least 30 minutes, or if you're short on time, cook immediately.
6. Lightly spray the bottom of an oven-safe baking dish. Lay fish in the dish.
7. Bake for 20 minutes or until the fish is flaky.

Meanwhile,

1. in a blender, combine lime juice, vinegar, garlic, salt, and grapeseed oil on high speed until creamy.
2. Add cilantro and blend until the dressing is flecked with green.
3. Place cabbage, carrot, and bell pepper in a large bowl.
4. Drizzle with dressing to taste and toss until vegetables are well coated.
5. Set aside.

To assemble, warm tortillas on both sides in a clean frying pan over medium heat. Top warm tortilla with lime coleslaw and a few pieces of fish. Garnish with a dollop of guacamole, and serve with your favourite hot sauce, if desired.