

Blackened Fish Tacos

Serves 4 : 40 minutes : adapted from recipe by Primal Gourmet

Ingredients:

Slaw:

- ½ head small green cabbage thinly shredded
- 2 tbsp finely chopped fresh cilantro
- juice of 1 lime
- ¼ tsp kosher salt

Guac:

- 2 ripe medium avocados
- ¼ medium white onion finely chopped
- 2 tbsp finely chopped fresh cilantro
- juice of 1 lime plus more to taste
- ¼ tsp kosher salt
- ⅛ tsp freshly-cracked black pepper

Chili-Lime Crema:

- 6 ounces full fat greek yogurt
- ¼ cup (avocado oil) mayonnaise homemade or store-bought
- ¼ cup fresh cilantro leaves
- 1 jalapeño roughly chopped
- juice of 1 lime
- ¼ tsp kosher salt
- ⅛ tsp freshly cracked black pepper
- ½ avocado

Tilapia:

- 1 lb tilapia filets, cut in halves for easy cooking
- ½ tsp paprika
- ½ tsp chile powder
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp cayenne pepper plus more to taste
- ¼ tsp kosher salt
- ⅛ tsp freshly-cracked black pepper
- 1 tbsp avocado oil

For Serving:

- 12 small taco-sized tortilla
- extra lime wedges

Instructions:

Crema:

- In a blender, combine the sour cream, mayonnaise, cilantro, jalapeño, lime juice, salt, and pepper.
- Blend until smooth and creamy.
- Taste for seasoning and adjust with salt, pepper or lime juice as desired.
- If your crema is too runny you can add ½ an avocado and blend until thickened.
- Transfer to a serving bowl, cover and refrigerate until ready to serve.

Slaw:

- In a bowl, combine the cabbage, cilantro, lime juice and salt.
- Toss to combine and let sit for at least 5 minutes before tasting and adjusting with salt and lime juice as desired.
- Cover and refrigerate until ready to serve.

Guac:

- In a bowl, combine the avocado, onion, cilantro, lime juice, salt and pepper.
- Using a fork, mash all of the ingredients together until combined.
- Taste and adjust with salt, pepper and lime juice as desired.
- Cover and refrigerate until ready to serve.

Tilapia:

- Pat the tilapia very dry with a paper towel.
- Mix the paprika, chile powder, onion powder, garlic powder, cayenne, salt and pepper in a small bowl.
- Sprinkle seasoning evenly over both sides of the fish.
- Preheat a skillet over medium heat. Add the avocado oil and heat until shimmering.
- Add an even layer of tilapia filets until the pan is covered and not over crowded.
- Cook for 2-3 minutes undisturbed until golden, flip and do the same for the second side.
- Remove from the skillet and repeat until all the tilapia is cooked.

Assemble:

- In the same pan, heat the tortillas for 10-15 seconds per side.
- To assemble the tacos, spread a layer of guacamole onto the tortilla.
- Top with the shrimp, slaw and a drizzle of chile lime crema.
- Serve with extra lime wedges for squeezing.

recipe notes:

- The thinner you can slice the cabbage, the better!

what you learn:

- I learned that prepping all the toppings ahead of time made for a very smooth transition from cooking the fish to eating quickly after it was finished.