

Fish Tacos with Mango Red Cabbage Slaw



These tacos offer the perfect balance of flavor in every bite. Our tangy and vibrant slaw pairs perfectly with the tender, and smokey Drum fish.

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

For the Fish:

1 lb.	Drum or any white fish, deboned, skin removed
1 Tbsp + 1 tsp	Salt-Free Taco Seasoning (see separate recipe)
1/8 tsp	Kosher Salt
1 tsp	Olive Oil

To Assemble the Tacos:

8 each	Corn Tortillas (see chef's notes)
1 each	Avocado, mashed
1/2 cup	Mango Red Cabbage Slaw (see separate recipe)
1 each	Lime, cut into wedges

CHEF'S NOTES

Corn tortillas are a favorite at GCCM because they are a whole grain and last forever in the refrigerator! They need to be heated just before eating which can be done a few different ways:

- Place the tortilla directly over the burner of a gas stove, over low-medium heat, using tongs to flip until just charred on the edges
- Heat a nonstick pan over high heat and heat until soft and pliable
- Wrap in foil and heat in the oven (375°) for about 5-7 minutes
- Wrap in a paper towel and microwave in 30 second intervals

DIRECTIONS

1. Gather all necessary ingredients.
2. Pat the fish fillets dry with a paper towel. Evenly coat both sides of each fillet with taco seasoning and salt.
3. Heat a medium sauté pan or nonstick skillet over medium-high heat. Once the pan is hot, add the oil to evenly coat the bottom of the pan.
4. Place each fillet into the pan and sear on both sides until the internal temperature reaches 145°F, about 2-3 minutes per side. Remove the fish from the pan and allow to rest until cool enough to handle. Then slice or flake the fish.
7. To assemble tacos, spread about 1 Tbsp of mashed avocado on the corn tortilla. Place about 2 oz. of fish and 2 Tbsp of slaw on top. Serve with live wedges for squeezing.

Nutrition Facts

4 servings per container

Serving Size 2 Tacos (388 g)

Amount per serving

Calories 400

% Daily Value *

Total Fat 14g 17%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 75mg 24%

Sodium 450mg 19%

Total Carbohydrate 46g 17%

Dietary Fiber 9g 32%

Total Sugars 21g

Includes 4g Added Sugars 9%

Protein 25g 49%

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 2mg 11%

Potassium 800mg 17%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

