



Fish Tacos W/ Cilantro Lime Cabbage Slaw

entrees

INGREDIENTS

1-2 lbs Tilapia or Mahi-Mahi

Spice Rub:

Chef, Paul Prudhomme :Blacken seasoning Blend or any other spice blend you like. Penzeys spices it a great place to check out. for spice blends

Cabbage Slaw:

1 pound thinly sliced or shredded cabbage (green and purple is nice)

½ teaspoon kosher salt, more to taste

¼ cup thinly sliced red onion, more to taste

½ cup chopped cilantro (packed), ½ of a large bunch

¼ -½ of a jalapeño, finely chopped, more to taste

¼ cup fresh lime juice, more to taste

2 tablespoon olive oil or mayo for a more creamy Texture.

DIRECTIONS

Cut fish into desired size rinse and pat dry. Sprinkle all sides of fish with the rub and salt & pepper

Place the shredded cabbage in a medium bowl. Toss with the salt. Add the onions, cilantro, jalapeño, lime juice, olive oil and toss well. Adjust lime, salt and jalapeño- you want this to taste tangy and flavorful.

Heat a heavy pan on med-high heat Grill each side a few minutes, Cook until done, remove from pan and set aside.

heat a corn or flour tortilla in pan using a little olive oil or butter. Use a romaine leaf for a low carb option.

Assemble tacos by placing fish in the tortilla, top with slaw and shredded cheese and avocado