

Fish Tacos with Corn Relish

This recipe is super simple to make and capitalizes on an abundant, local fish – Drum. Once you’ve tried this you’ll never go out for tacos again! Try adding red pepper flakes for some extra heat.

<u>U.S.</u>		<u>Metric</u>
1 1/2 tsp	Cumin, ground	3 g
1 1/2 tsp	Chili Powder	3 g
1 tsp	Oregano, dried	1 g
1 tsp	Paprika	2 g
1/4 tsp	Black Pepper, ground	0.6 g
1/2 tsp	Kosher Salt	3 g
1 lb	Drum Fillet (or other white fish), without skin	455 g
3 tsp	Olive Oil	10 mL
2 each	Green Onions, chopped, white and greens parts	2 each
1/2 each	Red Bell Pepper, seeds removed, small dice	1/2 each
1-2 cloves	Garlic, minced	1-2 cloves
1 cup	Corn, fresh or frozen	113 g
1/2 cup	Diced Tomatoes, canned, unsalted	56.5 g
1 Tbsp	Red or White Wine Vinegar	15 mL
1 medium	Lime, juiced	1 medium
1 1/2 tsp	Honey	10.5 g
1 Tbsp	Cilantro, fresh, chopped	4 g
8 each	Corn Tortillas, small	8 each

Preparation:

1. Gather all ingredients and equipment.
2. In a medium bowl, mix the cumin, chili powder, oregano, paprika, pepper, and half the salt (1/4 tsp) together.
3. Place a medium sauté pan over medium-high heat. Once the pan is hot, add 1 teaspoon of olive oil and evenly coat the bottom of the pan. Add the white part of the green onion, red bell pepper, garlic and corn to the pan. Cook for 2-3 minutes, or until the corn begins to brown. Stir constantly.
4. In the same pan, add the tomatoes, vinegar and remaining salt to the pan. Cook until the relish starts to thicken.
5. Stir in the lime juice, honey, cilantro and green parts of the onions to the pan. Pour in a bowl and cover with foil to keep warm.
6. Place a large sauté pan over medium-high heat. Add 2 teaspoons of olive oil and evenly coat the pan. Add the fish and cook until golden brown on the under-side. Flip the fish over using a spatula and cook until brown.
7. Pour ¼ cup of water into the pan. Put a lid on and turn the heat down to medium-low. Cook the fish until flaky, checking every 1-2 minutes.
8. Once the fish has reached an internal temperature of 145°F (63°C) remove from heat and break the fish up with a spatula.
9. While the fish is cooking, toast the tortillas. Place tortillas over a low flame for 1 to 2 minutes. Constantly check to make sure they aren't burning, but they should be slightly charred. Flip with tongs.
10. Assemble tacos by placing 2 tablespoons of corn relish, and 1/4 cup of fish into 8 toasted tortillas. Enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **2 tacos**

Amount per serving

Calories **360**

Calories from Fat 110

Total Fat 13 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 6 g

Cholesterol 75 mg

Sodium 190 mg

Total Carbohydrate 40 g

 Dietary Fiber 6 g

 Total Sugars 12 g

 Includes 6 g Added Sugars

Protein 24 g

Vitamin D 0 %

Calcium 8 %

Iron 10 %

Potassium 498 mg

Phosphorus 211 mg