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.S. | Metric
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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. Cook until the relish starts to thicken.
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 tempertaure 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**

<table>
<thead>
<tr>
<th><strong>Calories</strong></th>
<th>360</th>
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<tbody>
<tr>
<td>Calories from Fat</td>
<td>110</td>
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**Total Fat**  
- Saturated Fat: 13 g  
- Trans Fat: 2 g  
- Monounsaturated Fat: 0 g  

**Cholesterol**  
75 mg  

**Sodium**  
190 mg  

**Total Carbohydrate**  
- Dietary Fiber: 40 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