

Fish Tacos with Mango and Red Cabbage

This recipe is easy to make and capitalizes on an abundant, local fish. Try adding 1/4 tsp red pepper flakes for extra heat.

<u>U.S.</u>		<u>Metric</u>
1 tsp	Cumin, ground	2.5 g
1 tsp	Chili Powder	2.5 g
1 tsp	Oregano, dried	1 g
1/2 tsp	Paprika	1 g
To taste	Black Pepper, ground	To taste
1/2 tsp	Salt, Kosher	3 g
1 lb	Drum fillet or other white fish, without skin	455 g
2 tsp	Olive Oil	10 mL
2 each	Green Onions, chopped	2 each
1/2 each	Red Bell Pepper, seeds removed, small dice	1/2 each
1 cup	Mango, diced	115 g
1/2 cup	Red Cabbage, shredded	55 g
1 Tbsp	Red or White Wine Vinegar	15 mL
1 each	Lime, juiced	1 medium
1 1/2 tsp	Honey	10.5 g
1 Tbsp	Cilantro, fresh, chopped	4 g
8 each	Corn Tortillas, 4-6" diameter	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 drum on a 1/2 sheet tray and lightly coat each side with the seasoning, coating evenly.
4. Place the green onion, red bell pepper, mango, and red cabbage into a medium sized bowl.
5. In a small bowl, combine vinegar, lime juice, honey, and cilantro. Pour over the purple cabbage and mango mixture.
6. Heat a pan over medium heat add 2 tsp of olive oil. When oil is hot, place fish in pan and cook until golden brown on the under-side. Flip the fish over using a spatula and cook until the second side starts to brown.
7. Pour 1/4 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. Once cooked, break the fish up in the pan with a spatula. Place on corn tortillas using tongs and top with mango and purple cabbage mixture.

Nutrition Facts**Serving size** **2 tacos**
Servings **4****Calories** 300
Calories from Fat 80

Total Fat	9 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	75 mg
Sodium	100 mg
Carbohydrates	32 g
Dietary Fiber	3 g
Sugars	9 g
Protein	23 g
Vitamin A	30 %
Calcium	8 %
Vitamin C	70 %
Iron	8 %
Phosphorus	218 mg
