



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 each
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. Cook the fish until flaky and reaches an internal temperature of 145 degrees F. 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

4 Servings

Serving size **2 tacos**

Amount per serving

Calories **300**

Total Fat	9 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	75 mg
Sodium	360 mg
Total Carbohydrate	34 g
Dietary Fiber	4 g
Total Sugars	9 g
Includes 2g Added Sugars	
Protein	23 g
Vitamin D	0 %
Calcium	7 %
Iron	9 %
Potassium	500 mg
Phosphorus	225 mg
