



Fish Tacos with Crunchy Slaw

BY NICKI SIZEMORE

🕒 20 MINS PREP | 🕒 25 MINS COOK | 🍴 3 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 2 1/4 cups red cabbage
- 1 1/2 handfuls cilantro chopped
- 3/4 red onion chopped
- 3/4 jalapeño pepper seeded, chopped
- 1 1/2 tablespoons mayonnaise
- 3/4 lime juiced
- 3/4 teaspoon ground cumin
- 1 1/2 dashes freshly ground black pepper
- 1 1/2 pounds Tilapia
- 3/4 tablespoon olive oil
- 1 1/2 teaspoons old bay seasoning
- 6 corn tortillas for servings
- 3/4 avocado sliced
- 3 dashes hot sauce (optional)

NUTRITION INFORMATION PER SERVING

Protein 65g	Fruits 0.55 servings
Total Fat 22g	Vegetables 0.97 servings
Carbs 42g	Saturated Fat 4.49g
Calories 607kcal	Sodium 248mg
Iron 4.4mg	Fiber 9.6g
Vitamin C 80mg	Added Sugar 0g

Method

1. To make the slaw, finely shred the cabbage using a sharp knife or the shredder disk of a food processor.
2. Scrape the cabbage into a large bowl and add the cilantro, red onion, jalapeño pepper, mayonnaise, lime juice and cumin. Season with pepper.
3. Stir well. Taste and add additional seasonings, if needed.
4. Put the fish on a plate or in a dish and pour the olive oil over to coat. Sprinkle the Old Bay evenly over the fish. Season lightly with salt and pepper. Let sit at room temperature for 10 minutes.
5. Preheat a grill or grill pan to medium.
6. Grill the fish until it's cooked through and flakes easily with a fork, flipping it halfway through about 8-15 minutes total, depending on the thickness of your fish.
7. Once the fish comes off, turn the heat to high and toss the tortillas on the grill. Cook them on both sides, until lightly toasted. Wrap the tortillas in a kitchen towel or in foil to steam.
8. Using a fork, break the fish into large flakes. Serve the fish with the warm tortillas, the slaw, avocado slices and hot sauce.

