

Fish Tacos with Mango Salsa

Prep Time: 15 minutes | Cook Time: 15 minutes

Servings: 4 | Serving Size: ¼ of recipe

If you are a fan of fish tacos, this recipe is right up your alley. The salsa can be doubled and use with another recipe during the week like our Chicken with Mango Salsa.



Ingredients:

- 4 wild caught cod filets (about 6 ounces each)
- 1 tablespoon avocado or coconut oil
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon cumin
- 1/8 teaspoon cayenne
- 1/2 teaspoon chili powder
- 1 avocado, sliced (optional)*
- 8 grain-free cassava flour tortillas (see recipe)
OR 8 large leaf lettuce leaves for wrap version

Mango Salsa:

- 1/4 cup sweet onion
- 2 ripe mangos, peeled and chopped
- 1/4 cup chopped red bell pepper
- 3 tablespoons cilantro, chopped
- 1/2 tablespoon olive oil
- 1 1/2 tablespoons fresh-squeezed lime juice
- Pinch of salt

Directions:

1. Make the salsa by combining all ingredients into a small bowl. Mix well, cover and set in fridge to chill until ready to serve.
2. Combine paprika, garlic powder, salt, black pepper, cumin, chili powder, and cayenne in a small bowl. Mix until combined.
3. Rub your fish evenly on all sides with spice rub.
4. Heat oil in large skillet over medium-high heat. Add fish to pan; cook about 4-5 minutes each side or until they start to flake easily. Use a spatula to break fish into small chunks as it flakes, then give it all a big stir.
5. Serve hot inside lettuce wraps or tortillas garnished with mango salsa and sliced avocado (if using).
6. Serve with coleslaw inside the taco, on the side, or a little of both – either way, I know you will enjoy this meal!

Tips and Tricks:

*Calculations are based on a meal made without avocado.

Nutritional Information Per Serving:

Calories: 389.2
Fat: 24 g
Cholesterol: 220 mg
Sodium: 285.8 mg
Total Carbohydrate: 19.3 g
Dietary Fiber: 7.1 g
Sugars: 7.2 g
Protein: 30.0 g