

Carney Consultancy Limited
Healthy Eating Campaign
Recipe Of The Week
Easy Fish Tacos



This easy fish taco recipe shows how simple it is to make this delicious Mexican classic.

Packed with a host of colourful veg in the form of homemade salsa, red cabbage and guacamole, it's also a pleasingly healthy dish.

Course Type
Main Course

Difficulty
Easy

Serving
4 Persons

Duration
60 Minutes

Required Ingredients

COD / OR ALTERNATIVE

- 400g Of Cod Or Your Choice
- 1 Lime, Juiced
- 1 Red Chilli, Chopped
- 50ml Of Olive Oil

SALSA

- 4 Tomatoes, Ripe
- 1 Red Onion
- 1 Lime
- 20g Of Coriander

GUACAMOLE

- 1 Avocado
- 1 Lime
- Salt / Pepper

TO SERVE

- 1/4 Red Cabbage
- Taco Shells



Method

To begin, slice the cod into chunks and combine with the lime juice, chilli and oil. Leave to marinate for 30 minutes.

Finely slice the red cabbage and sprinkle with a little salt. Leave to soften for around 15 minutes.

Meanwhile make the salsa, dice the tomatoes and the onion and chop the coriander.

Mix together and season with salt and lime juice

Smash the avocado up with a fork and mix with lime juice and salt to taste

To cook the fish, heat a frying pan over a high heat with a splash of olive oil

Cook the cod until golden brown on both sides, for around 1–2 minutes

To toast the tacos, place one at a time into a dry, hot frying pan until toasted on each side

Fill the tacos up to the top with the cabbage, salsa, fish and guacamole.