

Grilled White Fish Tacos with Cabbage Slaw

Yield: 6

Prep Time: 30 minutes

Cook Time: 20 minutes

Ingredients:

Fish:

- 1 1/2 lbs. cod, halibut, or other white fish (thaw if frozen)
- 1 1/2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1 1/2 Tbsp avocado oil (or another high-heat oil)

Cabbage Slaw:

- 2 cups shredded green cabbage or coleslaw mix
- 2 cups shredded purple cabbage
- 1 small jalapeno stemmed, seeded and chopped small
- 1/4 cup cilantro chopped
- Juice of 1 lime or 1–2 Tbsp lemon juice
- 1/2 Tbsp raw honey
- 1/4 tsp salt

Creamy Avocado Sauce:

- 2 ripe avocados, peeled and pitted
- 1 small jalapeno seeded
- 1 tablespoon raw honey
- 4 Tbsp fresh lemon juice
- 1 Tbsp cilantro
- 1/4 teaspoon salt

To Serve:

- 1 1/2 dozen small flour or corn tortillas
- Sliced avocado
- Fresh Cilantro chopped

Prepare the Cabbage Slaw:

1. In a medium or large bowl, combine green and white cabbage, cilantro, lime juice, honey, and salt. Taste and add additional lime juice or honey as desired. Stir to combine well and set aside until ready to serve. The salt and lime juice will help soften and break down the cabbage.

Prepare the Sauce:

1. Place all ingredients in a blender or food processor and puree until very smooth. Adjust salt, as needed.
2. Leftover dressing can be stored in the refrigerator for one week or frozen for up to three months.

Prepare the Fish:

1. In a small bowl, combine chili powder, cumin, garlic powder, onion powder, smoked paprika, and salt. Place fish in a shallow container. Pat dry with a paper towel. Drizzle with $\frac{1}{2}$ tablespoon avocado oil. Rub with all of your seasoning blend, coating generously.
2. Heat avocado oil in a large cast iron skillet over medium-high heat. Working in batches so as not to overcrowd the pan, cook fillets 3-4 minutes per side or until fish is opaque and cooked through. Repeat with remaining fish. Gently separate cooked fish into small sections for tacos.

Assemble Tacos:

1. To assemble your tacos, spoon slaw and fish into warm tortillas. Add chopped avocado, additional fresh cilantro, and drizzle avocado sauce.