

Grilled White Fish with Spicy Slaw

Ingredients:

2 firm white fish filets such as halibut or tilapia approximately 4 oz/piece
¼ teaspoon ground cayenne
½ teaspoon garlic powder
½ teaspoon cumin
½ teaspoon kosher salt
½ teaspoon pepper
1 medium chopped avocado for garnish
Fresh cilantro leaves for garnish

Cabbage slaw:

2 cups shredded cabbage
¼ small diced red onion
Juice of one lime or one lemon
4 cups chopped cabbage
1 seeded and chopped jalapeno pepper (optional)
1 teaspoon of kosher salt

1. Make the slaw. Combine cabbage, red onion, lime juice, jalapeno and salt in small bowl. Toss gently with silicone tongs and allow to rest uncovered on counter top.
2. Mix cumin, garlic, cayenne, salt, pepper in small bowl.
3. Gently pat fish filets dry with paper towels and place on plate. Gently rub dry seasoning over both sides of the fish.
4. Add 1-2 tablespoons to cast iron or nonstick pan. Heat to medium high heat.
5. Place filets gently on pan. Being careful not move or rotate. This allows the fish to maintain shape and develop a nice crunchy crust. Reduce to medium heat. Flip filet with one gentle motion and cook additional 5 minutes on opposite side. Cook time depends on thickness. Fish should reach 140 degrees and flake easily with a fork.
6. Warm corn tortillas in cast iron pan in any remaining oil.
7. Plate tacos immediately layering the fish, slaw, avocado and cilantro.