

GUASTELLO'S VILLAGE MARKET

Grilled Fish Tacos

Serves 4

Ingredients

2 Tbsp vegetable oil
1 1/2 Tbsp fresh lime juice
1 garlic clove, minced
1 1/2 tsp chili powder
1/2 tsp ground cumin
1/2 tsp ground paprika
1/8 tsp cayenne pepper (optional, or more to taste)
Salt and freshly ground black pepper
1 lb tilapia, cod, or mahi mahi

For Serving

8 corn tortillas**, warmed
2 cups shredded purple cabbage
1 avocado, sliced
3 Tbsp chopped cilantro leaves
1/3 cup Cotija cheese (optional)

Fish Taco Sauce

1/4 cup sour cream
3 Tbsp mayonnaise
1 Tbsp fresh lime juice
1/4 tsp garlic powder

Instructions:

In a mixing bowl whisk together vegetable oil, lime juice, garlic, chili powder, cumin, paprika, cayenne and season with salt and pepper to taste (about 3/4 tsp salt 1/4 tsp pepper).

Place fish into a dish or gallon size resealable bag and pour marinade over fish (if using a bag seal bag and gently move bag around to evenly coat fish with marinade), allow to marinate in mixture 20 minutes (and no longer than 30 minutes).

Grilling Method

Preheat a grill to medium-high heat. Brush grill grates with oil and place fish on grill. Grill until cooked through, about 3 minutes per side (cook time will vary based on thickness of fish).

Oven Method

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Preheat oven to 400 degrees. Line a baking sheet with parchment paper or spray with non-stick cooking spray.

Place fish on prepared baking sheet. Bake until cooked through, about 10 - 15 minutes (fish should flake easily with a fork).

Stovetop Method

Heat a 12-inch non-stick skillet over medium-high heat, drizzle lightly with vegetable oil. Remove fish from marinade and cook in skillet about 3 - 4 minutes per side, until cooked through.

To Make the Sauce

While the fish is cooking whisk together sour cream, mayonnaise, lime juice, and garlic powder in a small bowl. Season with salt to taste.

To Assemble Tacos

Break fish into pieces, layer over warm tortillas. Top with cabbage, avocado, cilantro, cheese if using, and fish taco sauce.

Notes

*If using frozen begin with 1 1/4 lbs then thaw fully. I recommend using talapia that isn't really thin, otherwise it can fall apart on the grill and cooks too quickly. The thicker fillets work better here.

**To cook tortillas I like to heat in just a little vegetable or olive oil in a skillet over medium-high heat until golden brown spots appear on each side, or carefully torch edges over a gas stove.

Credit: cookingclassy.com