

Healthy Fish Tacos With Spicy Sauce Recipe

Total Time: 35 min

Prep Time: 30 min

Cook Time: 5 min

Servings: 6

These colorful fish tacos are Mexican-restaurant-tasty. Sautéing, instead of deep frying, the fish keeps them healthy and simplifies the preparation as well.

While there are quite a few ingredients the recipe comes together quickly and the cooking time is minimal. The light and crunchy cabbage slaw can be a stand-alone recipe as a side dish for any meal.



Ingredients

- 3 cups finely shredded red cabbage
- ½ cup thinly sliced scallion greens
- ¾ cup slivered radishes
- 2 tablespoons fresh lime juice
- 1 tablespoon garlic-infused olive oil
- 1/8 teaspoon salt
- ¼ teaspoon xylitol or stevia
- ¼ cup chopped cilantro, optional
- 2 tablespoons ground ancho chile
- 2 teaspoons ground cumin
- 1 ¼ teaspoons smoked paprika
- ¼ teaspoon salt
- 2 tablespoons fresh lime juice
- 5 teaspoons [garlic-infused olive oil](#), divided
- ¼ cup [mayonnaise made with olive oil or avocado](#)
- 3 tablespoons almond milk or water
- 1 ¼ pounds cod or other firm white fish, boneless, skinless

8- Coconut Wraps (NuCo) found at Wegman's or online

https://www.amazon.com/ideas/amzn1.account.AF622PLTASPOJPFVUADUG27MHPKQ/LWJCJEBYJ35?type=explore&ref=idea_cp_vl_ov_d

Preparation

To make the Mexican slaw

In a medium bowl mix together the cabbage, scallions, radishes, lime juice, oil, sweetener, and cilantro (if using).

Let the slaw marinate, stirring periodically, for at least 15 to 20 minutes.

To make the spicy taco sauce

In a large bowl, combine the ancho chile powder, cumin, smoked paprika, salt, lime juice, and 1 tablespoon plus 1 teaspoon garlic infused oil and mix to form a spice paste.

Transfer 2 teaspoons of this spice paste from the large bowl to a small bowl. Add avocado (or olive oil) mayonnaise to the small bowl and stir until smooth.

Whisk almond milk (or water) into the mayonnaise until the mixture becomes a thick but pourable sauce, adding more milk if needed. Set aside.

To make the fish

Cut fish into $\frac{3}{4}$ -inch slices. Add fish to the large bowl with the spice paste and stir to coat. Heat a large skillet over medium-high heat. Add the last teaspoon of garlic-infused oil to the skillet, tilting the pan to coat with oil.

Add fish pieces, scraping in any spices and liquid from the bowl and cook, stirring gently until fish is cooked through and flakes easily, 3 to 5 minutes.

To prepare the “tortillas” = coconut wraps.

Top each taco with 3 or 4 pieces of fish and $\frac{1}{3}$ cup Mexican Slaw; drizzle with Spicy Taco Sauce. Serve with plenty of napkins.

Ingredient Variations and Substitutions

If you like plenty of heat, add $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon cayenne pepper to the spice paste before adding oil and lime juice.

Time saver: use pre-packaged shredded cabbage or coleslaw mix from supermarket produce section.

Cooking and Serving Tips

This recipe assumes the use of a mildly spicy ancho chile powder. If yours is too hot, reduce the amount to achieve your preferred heat level.

The slaw can be made several hours in advance and held, tightly covered, in the refrigerator.