

FISH TACOS

INGREDIENTS *(For 4)*

- 2 tsp olive oil
- 4 pieces of white fish (~400 g)
- ½ tsp paprika
- ½ tsp chili powder
- Pinch cayenne
- 1 cup grated cabbage
- 1 mango, diced
- 1 small onion, diced
- 2 sprigs of cilantro, chopped
- 4 whole wheat tortilla wraps

INGREDIENTS

(Class Size: ~32)

- 3½ tbsp of olive oil
- 20 pieces of white fish (~4½ lb)
- 2½ tsp paprika
- 2½ tsp chili powder
- Few pinches of cayenne
- 5 cups of grated cabbage
- 5 mangos, diced
- 5 small onions diced
- 10 sprigs of cilantro
- 20 whole wheat wraps



DIRECTIONS

1. Pour 2 tsp olive oil in frying pan and add 4 pieces of white fish.
2. Sprinkle paprika, chili powder, and cayenne pepper on fish, flip and repeat on the other side.
3. Cook until an internal temperature of 74°C is reached.
4. Repeat these steps with additional pieces of fish if making class size amount.
5. Place fish in whole wheat tortilla wrap.
6. Add cabbage, mango, onion and cilantro as desired.

COOKING TIP

If you're in a hurry try using coleslaw mix in place of cabbage to save the step of shredding the cabbage.

FACT

Fish is a source of heart healthy omega 3 fat.