JR. CHEF at the MARKET

Cabbage Slaw With Fish Tacos

Ingredients:

Fish Tacos:

1 lb Tilapia, cod or mahi mahi fillets
2 Tbsp canola oil
1 1/2 Tbsp fresh lime juice
1 clove garlic, minced
1 1/2 tsp chili powder
1/2 tsp ground cumin
1/2 tsp ground paprika
1/8 tsp cayenne pepper (optional)
Salt and pepper
6 corn or flour tortillas OR lettuce cups
1 large hass avocado, sliced

Cabbage Slaw:

1/2 small red cabbage, cored and sliced thin (8 oz)
1/4 cup cilantro chopped
3/4 cup thinly sliced red onion (run under cool water to remove harsh bite)
1 1/2 Tbsp lime juice
1 Tbsp canola oil

Directions:

1. In a mixing bowl whisk together canola oil, lime juice, garlic, chili powder, cumin, paprika, cayenne and season with salt and pepper to taste (about 1/2 tsp salt 1/4 tsp pepper).
2. Place fish into a gallon size resealable bag and pour marinade over fish. Seal bag (move bag around to evenly coat fish with marinade) and allow to marinate in mixture 20 minutes (and no longer than 30 minutes).
3. Preheat a saute pan to medium-high heat. Brush pan with oil and place fish inside. Saute until cooked through, about 3 minutes per side (cook time will vary based on thickness of fish).
4. Transfer to a plate, break into pieces and serve in warmed taco shells OR lettuce cups with cabbage slaw, avocado slices and other optional toppings.

For the red cabbage slaw:
1. Add cabbage, red onion and cilantro to a medium mixing bowl. Pour lime juice and canola oil over top and season lightly with salt and pepper. Toss to evenly coat.

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Mango & Tomato Salsa

Ingredients:

Yield: 2 cups

1 medium ripe tomato, cut into cubes
1 mango, cut into cubes
1 shallot, chopped
1 clove of garlic, minced
3 Tbs. chopped cilantro
1 tsp chili flakes
1 lime, juiced
Salt to taste

Directions:

1. Mix all the ingredients together in a bowl.
2. Season to taste with additional chile, lime juice, and salt.

This salsa keeps in the refrigerator for up to one day. Before you serve it, stir it well and drain any excess liquid that has accumulated in the bowl.