

# MEALTIME HELPER

MAKING MEALTIME EASY

## Fish Tacos - Recipe

**Prep time:** 15 minutes (plus 10–15 minutes marinating, optional)

**Cook time:** 10–15 minutes

**Total time:** 25–35 minutes

**Servings:** 4 (about 8 tacos)

## Ingredients

- 1 lb (450 g) firm white fish (cod, tilapia, halibut, or mahi-mahi), skin removed if necessary
- 2 tablespoons olive oil
- 1 tablespoon lime juice (about 1 lime)
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika (or regular paprika)
- 1/2 teaspoon chili powder or ancho powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt (adjust to taste)
- 1/4 teaspoon freshly ground black pepper
- 8 small corn or flour tortillas (6–8 inch)
- 1 cup shredded cabbage or slaw mix
- 1/4 cup chopped fresh cilantro (optional)
- Lime wedges, for serving

### Optional quick crema and toppings:

- 1/2 cup sour cream or Greek yogurt
- 2 tablespoons mayonnaise (optional, for richness)
- 1–2 teaspoons hot sauce or 1 teaspoon chipotle in adobo, finely chopped (optional)
- 1 tablespoon lime juice, more to taste
- Sliced avocado or guacamole
- Pico de gallo or diced tomatoes
- Pickled red onions or jalapeños
- Crumbled queso fresco or shredded cheese

# Directions

1. **Prep the fish and marinade:** Pat the fish dry and place in a shallow dish. In a small bowl, whisk together olive oil, lime juice, cumin, smoked paprika, chili powder, garlic powder, salt, and pepper. Pour over the fish, gently turning to coat. Let marinate at room temperature 10–15 minutes or refrigerate up to 30 minutes.
2. **Make the crema (optional):** Whisk together sour cream, mayonnaise (if using), lime juice, and hot sauce or chopped chipotle until smooth. Taste and adjust lime or heat. Refrigerate until ready to use.
3. **Cook the fish:** Heat a large nonstick skillet or cast-iron pan over medium-high heat. Add a splash of oil if needed. Add fish and cook 2–4 minutes per side (depending on thickness) until opaque and flaky—internal temperature about 145°F (63°C). For thicker fillets, cover briefly and reduce heat to finish gently.
4. **Shred the fish:** Transfer cooked fish to a plate and use two forks to gently flake/shred it into bite-sized pieces. Remove any bones if you find them. Toss with a little extra lime juice and a pinch of salt, if desired.
5. **Warm the tortillas:** Wrap tortillas in a clean kitchen towel and microwave 20–30 seconds, or warm individually in a dry skillet 15–20 seconds per side until pliable and slightly charred. Keep warm wrapped.
6. **Assemble tacos:** Place a small handful of shredded cabbage on each tortilla, top with a portion of shredded fish, drizzle with crema, and add toppings: cilantro, avocado, pico de gallo, pickled onions, and cheese as desired. Finish with a squeeze of lime.
7. **Serve:** Serve immediately with extra lime wedges on the side.

## Tips

- For a smoky char, grill the fish or cook on a very hot cast-iron skillet.
- To make a quicker weeknight version, use store-bought coleslaw mix and canned chipotles for crema.
- If you prefer a saucier taco, gently toss shredded fish with a tablespoon of warmed salsa or reserved pan juices before assembling.
- Leftover shredded fish keeps 1–2 days refrigerated; use in fish sandwiches or salads.

Enjoy bright, flaky tacos with tangy crema — light, fast, and endlessly customizable.