

Fish Tacos with Avocado and Salsa Picante

Yield: 6 servings

Gluten-free
Dairy-free
FODMAP friendly

Ingredients

1 Tbsp chili powder
1 Tbsp salt, kosher
2 tsp smoked sweet paprika
1 tsp onion powder
1 tsp garlic powder
¼ tsp cayenne pepper
1 tsp cumin, ground
½ tsp coriander, ground
1½ lbs sea bass or other whitefish, cut to 6 small fillets
1 bunch cilantro, chopped
4 radishes, julienned
3 avocados, peeled, pit removed and sliced
2 limes, cut into quarters
12 corn tortillas, toasted
Salsa picante (separate recipe)

Directions

1. Preheat broiler to 450°F.
2. Whisk chili powder (1 Tbsp), salt (1 Tbsp), paprika (2 tsp), onion powder (1 tsp), garlic powder (1 tsp), cayenne pepper (¼ tsp), cumin (1 tsp), and coriander (½ tsp) together in a small bowl.
3. Liberally sprinkle the spice blend on all sides of the fish fillets. Set aside in the fridge for about 10 minutes.
4. Lay seasoned fillets on a baking sheet so they are not touching one another, and place in the preheated oven on the top shelf. Cook for 6–8 minutes or until slightly browned and cooked through. The fillets will flake apart easily.
5. Remove from the oven, and pull fish apart into large chunks.
6. Serve with fresh tortillas, cilantro, radish, avocado, salsa picante, and limes for garnish.

Salsa Picante

Nutrition Facts

Serving size 1 (5oz)

Amount Per Serving **142g**

Calories 31

% Daily Value

Total Fat 0.3g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 396mg **17%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **6%**

Sugars 4g

Protein 1g **3%**

Vitamin A **19%**

Vitamin C **31%**

Calcium **2%**

Iron **2%**

Fish Tacos with Avocado

Nutrition Facts

Serving size 1 (10.9oz)

Amount Per Serving **308g**

Calories 397

% Daily Value

Total Fat 18.9g **29%**

Saturated Fat 3g **15%**

Cholesterol 46mg **15%**

Sodium 1317mg **55%**

Total Carbohydrate 35g **12%**

Dietary Fiber 12g **47%**

Sugars 2g

Protein 27g **53%**

Vitamin A **42%**

Vitamin C **36%**

Calcium **9%**

Iron **14%**

LAUNCH 
my health

 Wellbeats™

Share your healthy eats
with us @Wellbeats

