

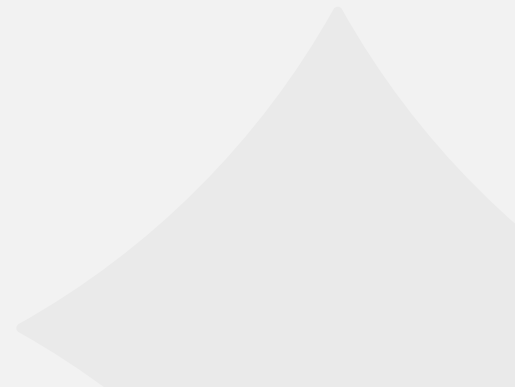
Fish Tacos with Avocado and Salsa Picante

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%



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