



Zesty Mango Fish Tacos

SERVINGS: 12 TACOS

PREPPING TIME: 20 MINS

COOKING TIME: 15 MINS

INGREDIENTS

- 3/4 cup plain non-fat Greek yogurt
- 1 tbsp. Sriracha
- Juice of 1 lime (1 tbsp.)
- 12 (6-inch) whole wheat tortillas (can use corn tortillas for gluten-free)
- 1/2-1 tsp. chili powder
- 1 tsp. ground black pepper
- 1/3 cup all-purpose flour (can use a gluten-free flour or oat flour instead)
- 1 1/2 lbs. skinless white fish
- 3 tbsp. olive oil
- 2 cups shredded cabbage
- Mango Salsa:**
- 2 ripe mangoes, diced
- 1 small red bell pepper, diced
- 1/4 cup green onion, finely chopped
- 1 small jalapeño, finely diced (remove seeds for less heat)
- 2 tbsp. fresh cilantro, chopped
- Juice of 1 lime
- Salt to taste

DIRECTIONS

1. In a small bowl, mix the Greek yogurt, Sriracha, and lime juice until smooth. Set aside.
2. In another bowl, combine the flour, chili powder, and black pepper. Dredge the fish in the flour mixture, ensuring all sides are evenly coated.
3. Heat oil in a pan over medium-high heat until shimmering. Add the fish, working in batches if necessary. Press down gently with a flat spatula to ensure contact with the pan. Cook for 3-5 minutes, or until the fish is opaque halfway up and the bottom is golden-brown. Flip the fish carefully, giving it an additional 15-30 seconds if it sticks to the pan. Cook for another 3-6 minutes, or until the fish flakes easily with a fork. Remove from heat.
4. In a medium bowl, mix the diced mangoes, red bell pepper, green onion, and jalapeño. Add the chopped cilantro, lime juice, and a pinch of salt. Stir well and let sit for 5-10 minutes to meld the flavors.
5. Use a fork to flake the cooked fish into bite-sized pieces. Build your tacos with fish, cabbage, mango salsa, and any additional toppings you like. Serve immediately and enjoy!

NUTRITION

Serving size: 2 tacos
 (per serving) 420.4 calories, 13.5g fat, 3.8g saturated fat, 58.2mg cholesterol, 398.1mg sodium, 47.9g carbohydrate, 7.3g fiber, 18.6g sugar, 32.3g protein