

A Sutherland Belle

Sheet Pan Fish Tacos with a Creamy Avocado Sauce

INGREDIENTS

For the Slaw

- 1 ½ cups shredded green cabbage
- 1 ½ cups shredded purple cabbage
- ½ red onion, thinly sliced
- ½ cup fresh cilantro, roughly chopped
- Juice of one lime
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1 teaspoon cracked black pepper

For the Fish

- 1 ½ pounds mahi mahi, cod, or talapia
- 2 tablespoons olive oil
- 2 teaspoons cumin
- 2 teaspoons garlic powder
- 1 teaspoon smoked paprika
- ½-1 teaspoons chipotle chili powder
- 1 teaspoon kosher salt
- ½ teaspoon cracked black pepper
- 8-10 flour tortillas

For the Sauce

- 2 avocados
- 2/3 cup sour cream
- 4 cloves garlic
- 1 jalapeño, seeded and chopped
- 2 limes, zested and juiced
- 1 cup cilantro
- 4 scallions, chopped
- 3 tablespoons olive oil
- 1 teaspoon cumin
- 1 teaspoon kosher salt
- 1 teaspoon cracked black pepper
- ¼ cup chicken stock or water (optional)

INSTRUCTIONS

For the Slaw

1. Start by preparing the cabbage slaw. Add green and red cabbages, onion, and cilantro to a large bowl.
2. Add the olive oil, lime juice, sea salt, and ground black pepper to the slaw and toss to combine. Set aside. The cabbage will soften as it sits, so it will be the perfect texture by the time the tacos are ready to assemble.

For the Sauce

1. Add all the ingredients to a blender and pulse until smooth to prepare the avocado sauce. If you prefer a thinner sauce, you can add in stock or water, 1/4 cup at a time, and blend until it reaches your desired consistency.
2. Set it aside while you prepare the fish.

For the Fish

1. Preheat oven to 425F.
2. Pat fish with a paper towel until dry. Drizzle with olive oil.
3. Combine cumin, garlic powder, smoked paprika, chipotle chili powder, salt, and pepper in a small bowl. Rub the seasoning into both sides of the fish. Place on a parchment-lined baking dish. Cook for 12-14 minutes or until the fish begins to flake. Remove from the oven and break apart the fish into bite-sized pieces.
4. Warm the tortillas according to your preferred method. I like to heat them on the stove over an open flame.
5. Assemble the tacos by adding a scoop of the sauce to each tortilla, followed by the slaw and fish. Finish with a squeeze of lime juice.
6. Top with more sauce, or enjoy it with fresh tortilla chips.