

FISH TACOS WITH PICO DE GALLO SALSA AND GRILLED AVOCADO

INGREDIENTS

1 lb cod fillets, cut into strips
1 lime, juiced
handful chopped cilantro
salt to taste
pinch ground black pepper
3 garlic cloves, minced
1-2 tablespoons olive oil
1 ripe avocado, pitted
small flour tortillas

for the Pico de Gallo

4 medium ripe roma tomatoes
1/2 medium red onion
1 lime
1 big handful of chopped cilantro
1/4 teaspoon black pepper
1/2 teaspoon salt
1/2 teaspoon garlic powder (optional)
1 hot pepper

Optional Toppings

shredded cabbage
radish, sliced
finely chopped cilantro
finely chopped onion
extra lime
jalapenos or hot sauce

DIRECTIONS

First make your salsa, so the flavors can mix while you make the tacos. Finely chop your onions, cilantro, peppers and tomatoes. Combine and toss in a large bowl, then add in the juice of the lime, salt, pepper and garlic powder, if using. Let sit for a minimum for 20 minutes or up to one day.

Wrap tortillas in foil and place in a warm oven. Alternatively, you can toast your tortillas over an open flame (if you have a gas stove).

To make the tacos, heat the oil then sauté the garlic for 2 minutes. Add the fish strips and season, allow to cook for 3 minutes. Pour the lime juice into the pan and continue cooking until fish is firm, about 10 minutes. Remove to a plate. Add a bit more olive oil to the pan and heat until shimmering. Grill avocado slices on high heat for 2 minutes per side, until you get a golden sear.

To assemble, fill tacos with fish strips, avocado and garnish with pico de gallo salsa and any of the additional toppings. Serve immediately.