

Baja Fish Tacos



INGREDIENTS:

CHIPOTLE SAUCE

125 ml mayo

125 ml sour cream

2 cloves garlic, crushed

50 ml fresh cilantro, chopped

5ml pureed canned chipotle pepper

CHIPOTLE SAUCE DIRECTIONS:

In a medium bowl, whisk together with a fork all 6 ingredients, place in fridge and chill for as long as possible.

FISH & MARINADE

454 gm firm white fish(cod/talipa/etc.)

30 ml oil

30 ml freshly squeezed lime juice

2 ml cayenne

2 ml salt

FISH & MARINADE DIRECTIONS:

Rinse fish and pat dry with paper towels.

Place in a shallow dish/bowl.

In a small bowl whisk together oil, lime juice, cayenne and salt.

Pour over fish.

Place in fridge and refrigerate for 30minutes, until chilled.

OTHER

8-10 Soft corn or flour tortillas or hard taco shells

2 tomatoes, chopped

2 cups shredded green and /or red cabbage

DIRECTIONS:

ASSEMBLY:

- Preheat oven to 425 F
- Wrap soft tortilla in foil and place in oven(bake for 5-7 minutes). Hard shells, place on baking sheet (heat for 3-5 minutes only)
- Remove fish from marinade, place on a baking sheet lined with parchment.
- Bake fish in oven for 5-7 minutes, until opaque and flakes with a fork.
- Flake fish into bite sized pieces and stir in enough chipotle sauce to moisten.
- Remove tortilla from oven.
- Place tortilla on plate, top with chipotle sauce, fish, chopped tomatoes and shredded cabbage.
- Squeeze lime juice on top, put on salsa if desired, enjoy!!