

# Fish Tacos

You've saved some breaded rockfish from Sunday so you're ready to enjoy yummy fish tacos tonight.

Homemade condiments will include a quick Tartar Sauce and Low-sodium Tomato Salsa. A nice little cabbage slaw will fill out the menu.

Serve a couple of large purple plums as a finish to the meal.

Preparation Time: 40 minutes - Servings: 2

## Organize Your Ingredients!

### Notes on Organizing

Before you begin cooking, prep and organize your ingredients so they are easy to add. There are multiple preps for onion: 2 T. finely-chopped onion in the Tartar Sauce 3 T. finely-chopped onion in the slaw. There's 1/2 C. coarsely-chopped onion for the salsa. You'll chop 3 cloves of garlic: 1 for the Tartar Sauce, 1 for the Slaw and 1 for the Salsa.

### Tarter Sauce

1 tsp. sesame oil  
2 T. rice wine vinegar or lemon juice  
1 clove garlic (smashed and chopped)  
2 T. parsley (chopped)  
1 tsp. soy sauce  
2 T. sweet onion (finely chopped)  
3 T. dill pickle (chopped)  
2 T. vegan or low fat mayonnaise  
1/4 C. plain, nonfat yogurt

### Slaw

1 clove garlic (smashed and chopped)  
3 T. sweet onion (finely-chopped)  
1/2 of a Jalapeno pepper (finely chopped)  
1/4 C. cilantro (chopped)  
  
2 T. Lemon juice  
1/4 C. Veganaise  
  
1/2 tsp. sriracha sauce  
2 tsp. granulated sugar  
  
2/3 C. cucumber (peeled, finely chopped)  
1 C. Napa cabbage (thinly-sliced or shredded)  
1/3 C. red cabbage (thinly-sliced or shredded)  
2/3 C. carrot (grated)

### Quick, Low-sodium Tomato Salsa

1 clove garlic (smashed and chopped)  
1/2 Jalapeno pepper (finely chopped)  
1/2 C. sweet onion (coarsely-chopped)  
1 seeded Anaheim pepper (finely chopped)  
2 T lime-juice  
1/2 tsp. salt  
1/4 C. fresh cilantro (chopped)  
  
one 15 oz. can no-salt diced tomatoes

### Fish Tacos

two 6" soft flour or corn Tortillas  
6 oz. breaded rockfish fillets (leftovers)  
tartar sauce (above)  
salsa (above)  
1/4 C. shredded, sharp cheddar cheese  
2/3 C. red leaf lettuce (chopped)  
  
2 large purple plums (pitted and quartered)

First thing...

Preheat oven to 250°

Grownup Kitchen

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Wrap leftover fish in foil and place on a plate in a 250° oven for 15 minutes. Then assemble the meal as instructed below.

### Tartar Sauce

1. Mix all ingredients except mayonnaise and yogurt in a medium-sized mixing bowl.
2. Stir mayonnaise and yogurt together until smooth and stir together with other ingredients.

Let stand until dinner is served.

### Slaw

1. Toss garlic, onion, Jalapeno pepper and cilantro in a medium sized bowl.
2. In a separate, smaller bowl, mix lemon juice, Veganaise, sriracha sauce and sugar. Stir until sugar is dissolved. Toss with mixture in the larger bowl.
3. Add cucumber, cabbage and carrot to garlic/onion mixture. Toss again and set aside.

### Quick, Low-sodium Tomato Salsa

1. Place all ingredients except diced tomatoes in a food processor and blend well.
2. Add chopped tomatoes and pulse a few times to mix.

### Fish Tacos

1. Place 2 tortillas on a large serving plate. Sprinkle a few drops of water between each tortilla. Cover with another plate and microwave for 40 seconds.
2. Break warmed fish into small pieces. Place some fish down center of warmed tortillas and spoon a couple of teaspoons of tartar sauce over the fish.
3. Spoon a couple tablespoons of fresh salsa over the fish.
4. Top off with lettuce and a sprinkle of cheese.

Serve 3/4 C. slaw and sliced plum along side each taco.

### What I've Learned from this Recipe

Making your own sauces and salsa are definitely the way to go. Homemade salsas and tartar sauces are lower in sodium, taste great and aren't loaded with fillers.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)