

# Fish Tacos

Fish tacos are on the menu. If you don't have leftover fish, you can cook some. I've even used the plant-based "fish fillets" by Gardien. They worked quite well. Just bake them per package instructions.

The tacos are served with a quick tarter sauce, shredded cabbage, lettuce, seared peppers and homemade Quick, Low-sodium Tomato Salsa. Serve some vitamin rich kiwis as a finish.

**Preparation Time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they're easy to add. Prep 2 cloves garlic: 1 chopped for the Tartar Sauce and 1 whole, peeled clove for the Salsa. Prep 3/4 C. chopped onion: 1/4 C. for the Tartar Sauce and 1/2 C. for the Salsa.

### Fish Tacos

Four 6" wheat or corn tortillas

#### Fish:

6-8 oz. leftover cooked rockfish from fridge

- or -

2 Gardien fish fillets

#### Tacos:

2/3 C. Napa cabbage (thinly-sliced or shredded)

2/3 C. red leaf lettuce (washed and sliced)

1/4 C. shredded, sharp cheddar cheese

2 Roma tomatoes (chopped)

2 kiwis (halved)

### 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

### Quick, Low-sodium Tomato Salsa

1 clove garlic (whole, peeled)

1/2 jalapeño pepper (finely chopped)

1/2 C. sweet onion (coarsely-chopped)

1 seeded Anaheim pepper (finely chopped)

2 T lime-juice

1/2 tsp. salt

1/3 C. fresh cilantro (chopped)

one 15 oz. can no-salt diced tomatoes

*But First!*

*Preheat oven to 250°*

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

### Basic Assembly Instructions

Simply wrap leftover fish in foil and place on a plate in a 250° oven for 10 minutes. If using plant-based f'sh fillets, bake 2 fillets per package instructions.

Stack 4 tortillas on a small plate. Sprinkle each tortilla with a few drops of water. Stack tortillas and cover with a second plate. Microwave for 35 seconds. Leave them covered until ready to dine.

### 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 into other ingredients.

Let stand until dinner is served.

### Quick, Low-sodium Salsa

If making with food processor:

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

If making by hand:

When making by hand, you'll need to chop the garlic. Add all other prepped items and mix in a bowl with diced canned tomatoes.

Transfer to a serving bowl and set aside until ready to dine. You can store salsa in the fridge in a jar with a tight fitting lid. It'll keep for a couple of weeks.

### Fish Tacos

1. Place 2 warmed tortillas on each dinner plate.
2. Sprinkle warmed fish down the center of each tortilla.
3. Cover fish with cabbage, lettuce, cheese and tomatoes.
4. Place plates on table and allow diners to dress with tartar sauce and salsa.

Enjoy!

Serve halved kiwis on a side plate. Provide each diner with a spoon to scoop the flesh.

### What I've Learned from this Recipe

Cooking extra quantities of an item, like fish, and saving it for a recipe later in the week is always good. The cooked leftovers are almost like having a night off from cooking. Homemade elements like Tartar Sauce and Quick, Low-sodium Salsa have less fillers and salt and handy to have around.

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