

Fish Tacos

Who doesn't love a good fish taco—so easy to make plus fun for kids and grown-ups to assemble. These are pretty zesty and uncomplicated, but feel free to layer on more flavor with fixin's like plain yogurt or sour cream, and a sprinkle of cheese. If you or your kids prefer the plain, let the fish stand alone as your “fish stick” and dunk it in a little ketchup.

INGREDIENTS

FOR FISH

1 1/2 lbs. flounder fillet (or other white flaky fish), cut into chunks
Juice of 1 lemon, for cleaning fish
1 teaspoon salt, for cleaning fish
1/2 cup grape seed oil or other vegetable oil, for pan frying

FOR COATING

1/2 cup yellow cornmeal
1 teaspoon smoked paprika
1/2 teaspoon salt

FOR SAUCE

1/2 cup mayonnaise
2 tablespoons sriracha

FOR ASSEMBLY

8-12 soft corn tortillas, heated
2 cups romaine lettuce, shredded
1 avocado, mashed or sliced

SERVES

4-6 people

TIME

🕒 20m

SHOPPING LIST

1 1/2 lbs. flounder fillet (or other white flaky fish)
1 lemon
Salt
1 bottle grape seed oil or vegetable oil
1 bag yellow cornmeal
1 jar smoked paprika
1 jar mayonnaise
1 bottle sriracha
1 pack soft corn tortillas
1 head romaine lettuce
1 avocado

EQUIPMENT

Large bowl
Paper towel
Large skillet
Foil

STEP 1

Clean the fish with the lemon juice and salt, rinse under cold water, and pat dry with a paper towel.

STEP 2

In large sauté pan, heat oil on medium high; while oil is heating, mix cornmeal, spices and salt.

STEP 3

Dredge fish in coating, shaking off excess cornmeal.

STEP 4

Then pan fry fish in heated oil cooking 2-3 minutes per side. When done, place on paper towel covered plate (to drain excess oil).

STEP 5

For sauce, combine ingredients in small bowl and mix well.

STEP 6

For tacos, warm corn tortillas (wrap in foil + place in 400° oven) and once done, layer with lettuce, 2-3 pieces of fish, a heaping tablespoon of sauce and avocado.