Fish taco with pineapple salsa

Makes 6 tacos – recommend 3 tacos per serve

**Nutrition (per taco)**

**Calories:**157 **Carbohydrates:**14.8 g **Protein:**16.7 g **Fat:**3.6 g Fibre: 2g

# Ingredients

**Fish**

1 lb white fish, skin removed (such as cod, mahi-mahi, or halibut)

1 Tbsp vegetable oil

1/2 - 3/4 tsp sea salt

1/4 tsp black pepper

1 ½ tsp cumin

1 ½ tsp chili powder

1 ¼ tsp smoked paprika

3-4 Tbsp polenta (***optional*** - for crispier texture)

**Pineapple salsa**

3/4 cup diced fresh pineapple

3/4 cup thinly shredded cabbage – I prefer red

1/4 cup finely diced red onion

1/4 cup finely chopped coriander

1 Tbsp lime juice

1 healthy pinch sea salt

**FOR SERVING**

* 6 tortillas – small size
* Lime wedges
* Avocado

# Directions



* Preheat oven to 200 C, and line a large baking tray with baking paper
* Cut the fish into large cubes (or strips if you prefer) and add to a medium mixing bowl. Top with oil, salt, pepper, cumin, chili powder, smoked paprika, and polenta (optional). Toss to coat.
* Transfer to baking tray, arrange in a single layer, and bake for 10-12 minutes or until fish is cooked through.
* Combine the pineapple salsa ingredients in a bowl
* To serve, warm tortillas and top each with avocado, fish, salsa and a squeeze of lime
* Store leftover cooked fish separately up to 2-3 days.

If you are not a fan of fish this is great with Tofu and could work with chicken. I think for chicken cooking times will need to be longer.

This can also be made into a bowl, use rice instead of tortillas