

# Cajun Fish Tacos

**Servings: 4**  
**Serving size = 3**  
**tacos**

## Equipment:

Knife, cutting board, flat top grill, griddle, or large fry pan, small bowl, spoon, measuring spoons, turner/spatula

## Ingredients:

- 12 oz Tilapia
- 1 tsp extra virgin olive oil or olive oil spray
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp cayenne pepper
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1/2 tsp celery salt
- Dash black pepper
- 12 soft yellow corn tortillas
- 1 lime, wedged for serving
- Red cabbage slaw (optional, blog bonus recipe)
- Avocado cream (optional, blog bonus recipe)

## Preparation:

1. \* Combine herbs and spices in a small bowl. Sprinkle the mixture over both sides of the fish.
2. Add olive oil or spray to your flat top/griddle/frying pan over medium-high heat. Add the fish and cook ~ 2-3 minutes on each side. Fish should be browned on both sides. Remove from heat and cool for 5-10 minutes.
3. Cut or tear fish into chunks and set aside.
4. \* To a clean flat top/griddle/frying pan, heat the corn tortillas on each side over medium heat.
5. Fill each tortilla with fish and top with red cabbage slaw and avocado sauce if desired. Drizzle each taco with a squeeze of lime juice. Serve and enjoy.

\* **Flavor note:** If you want less spicy heat, decrease the cayenne pepper and black pepper.

\* **Knowledge note:** Heating your tortillas will make them more pliable for filling and serving.

Check out our blog for a great Red Cabbage Slaw recipe and Avocado Cream recipe to add to your tacos! Go to [thebnnblog.com](http://thebnnblog.com)

**Nutrition Facts per serving:**  
(When topped with red cabbage slaw and avocado cream)

## Calories 430.5

Total Fat 16.7g (21%)  
Saturated Fat 3.9 g (19%)  
Trans Fat 0.2g  
Cholesterol 57.5mg (19%)  
Sodium 513mg (22%)  
Total Carbohydrate 46.1g (17%)  
Dietary Fiber 8.6g (3%)  
Total Sugars 6.7g  
Added Sugars 0.2g  
Protein 28.2g  
Vitamin D 3.2mcg 16(%)  
Calcium 112.7mg (9%)  
Iron 2.4mg (13%)  
Potassium 943.7mg (20%)

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