Fish tacos

NIBBLEDISH CONTRIBUTOR

Ingredients

10 flour or corn tortillas

For the fish marinade
5 firm white fish filets, boneless (snapper is good)
2 tbsp olive oil
¼ cup fresh lime juice
Pinch of salt
2 tbsp chopped coriander
1 tsp of cayenne pepper or mild chilli powder

For the cabbage salad
1 red onion, thinly sliced
¼ cup coriander, coarsely chopped
2 cups freshly shredded white cabbage

For the bajar sauce
1 cup light sour cream
1/3 cup plain yogurt
½ tsp mild chilli powder (or to taste)
1 tbsp lime juice
Pinch of salt

For the salsa
1 cup chopped red tomatoes
½ cup chopped red onion
3 chipotle chillies, minced (or use 1 minced jalapeno)
1 large clove garlic, minced
½ cup chopped coriander
Juice of 1 lime

2 tbsp olive oil
Pinch of cumin
Sea salt

Instructions

I saw this recipe on TV: Maeve's Food Safari

Place the fish fillets in a large, shallow dish and brush with olive oil. Pour over lime juice, a sprinkle of salt, chopped coriander and half the cayenne pepper. Allow the marinade to infuse the fish for 30 minutes - 2 hours in the fridge.

Toss the cabbage salad ingredients together - shredded cabbage with red onion and coriander.

For the salsa
Mix the chopped tomato, onion, chilli, garlic and coriander together in bowl. Drizzle with olive oil and lime juice. Add pinch of cumin and some sea salt and stir through. Set aside.

For the bajar sauce
In a small bowl, mix together - sour cream, yoghurt, chilli powder, lime juice and salt.

Preheat a grill or barbeque to medium-low.

On a very clean grate brush the grill with oil and place the fish seasoning side down to cook. Sprinkle the rest of the chilli on the top side of the fish and cook for about 2-3 minutes per side or until the fish is cooked through.

Remove the fish to a clean platter, allow it to rest 10 minutes and then slice into thick strips.

Heat the tortillas by placing them on the barbeque grill for about a minute each side.

To serve
For each taco, place a warm tortilla on a plate, add a few chunks of fish, drizzle with the Bajar sauce, and add a handful of salsa and cabbage salad.