Caribbean Fish Tacos with Island Slaw

INGREDIENTS

4 each softshell Taco Shells
1 cup shredded iceberg lettuce
6 oz Snapper fillet – cut into strips
Salt / Pepper to taste
1 tbsp fresh cilantro
Juice of 1 small lime
Pinch of Cajun seasoning
2 tbsp olive oil
1 small onion
1 clove garlic

Blend onion with garlic, cilantro, lime juice, Cajun seasoning and olive oil in a blender.

Season fish with salt and pepper.

Pour seasoning over fish and marinate for at least 30 minutes.

Remove from the marinade and shallow fry the fish strips in a heavy frying pan with vegetable oil.

Keep warm.

Picco de gallo

1 tomato – small diced ½ small onion – finely diced 1 tsp chopped jalapeno peppers 1 tsp chopped cilantro Juice of 1 fresh lime Salt / black pepper to taste 1 tbsp olive oil

Combine all above ingredients and allow to marinate for at least 1 hour in the fridge.

Island Coleslaw



% cabbage - shredded
1 large carrot - shredded
% Chocho – peeled and shredded
% green mango – shredded
1 tbsp chopped scallion
1 tbsp honey
Salt and pepper to taste
Juice of 1 lime
1 tbsp olive oil
Optional – 1 tbsp mayonnaise

Combine all above ingredients.

Adjust seasoning accordingly

To finish:

Warm taco shells on char grill or in a frying pan.

Fill taco shells with lettuce, a little coleslaw, the fish and finish with pico do gallo

Serve with sour cream and guacamole

Finish with a wedge of fresh lime

