



Healthy Fish Tacos

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 lb white fish (like cod or tilapia or flounder or haddock)
- 1 tablespoon O&V [Herb Butter Mix](#) *
- 1 tablespoon chili powder (more, or less to taste)
- ½ teaspoon garlic powder
- ¼ teaspoon freshly cracked black pepper
- Salt to taste
- 2 tablespoons [Garlic EVOO](#) *
- 1 lime (divided uses)
- 8 soft tortillas
- 3 cups shredded cabbage
- 1 tablespoon [Lime Oil](#) *
- ¼ cup mayonnaise (can substitute with sour cream or Greek yogurt)
- 2 tablespoons O&V [Bohica Hawaiian Lava Hot Sauce](#) * (more, or less to taste)
- 1 avocado
- 2 teaspoons O&V [Guacamole Dip](#) *
- 2 tablespoons sour cream (optional)
- Chopped tomatoes
- Crumbled Cotija cheese (optional)
- Chopped Cilantro

Preparation:

Slice the fish into bite size pieces. Place in a large bowl. Add the Herb Butter mix, Chili powder, garlic powder, cracked black pepper and a pinch of salt.

Heat the Garlic oil in a skillet over medium heat. Cook the fish for 10-12 minutes, flipping a few times to ensure even cooking. Remove from heat and squeeze juice from half a lime.

While the fish is cooking, combine the shredded cabbage in a bowl with the Lime oil, season with salt and pepper to taste. Chop tomatoes, and crumble the Cotija cheese

Separately, in a small bowl, mix well the Hawaiian Lava sauce with the mayonnaise (or sour cream/Greek yogurt).

In another small bowl, rehydrate the Guacamole seasoning mix with the juice of the other half of the lime. Add the avocado and mash to combine well. If using, add the 2 tablespoons of sour cream to the mashed avocado to create a creamy mix.

Heat your tortillas on an open gas flame or in a skillet heated to high until the edges of the tortilla char (about 30 seconds).

Layer the warm tortilla with the cabbage, fish, guacamole, tomatoes, and top with the spicy mayo. Finish with a sprinkle of Cotija cheese and cilantro

Serves 3

Active time 15 minutes Total Time: 30 minutes

Notes

* The [Herb Butter Mix](#) adds a nice flavor, which is enhanced by the garlickiness of the [Garlic EVOO](#). You can substitute the Herb mix with a combination of dried thyme, garlic, chili, parsley, oregano and tomato and use an [Unflavored EVOO](#) but that will change the intensity of flavor in this dish.

The [Guacamole Seasoning](#) adds delicious flavor to the avocado, substitute with your favorite seasonings for preparing guacamole. I especially love the flavor of the **Hawaiian Lava** hot sauce, but you can substitute with a sriracha sauce although the flavor of your sauce will be dramatically different.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Garlic EVOO, Moroccan Spice Oil, Herb Butter Mix, Unflavored EVOO, Guacamole Seasoning Mix, Bohica Hawaiian Lava Hot Sauce, Lime Oil, Mediterranean Diet, Healthy Fish Tacos,