

Grilled Fish Taco, Cabbage, Cilantro Sour Cream

Serving Size: 1 taco

Makes: 16 servings

Ingredients:

4 lbs.	fresh tilapia fillet
½ cup	canola oil
2 tsp	lime zest, grated
1 cup	onion, finely chopped
2 tbsp	garlic cloves, minced
1 tbsp	ground cumin
2 tsp	chili powder
as needed	cooking spray
¾ tsp	salt
1 tsp	ground black pepper
2 tsp	lime juice
1 cup	cilantro, chopped
1 ¼ cup	low fat sour cream
2 tbsp	jalapeno, chopped
½ cup	light mayonnaise
¼ cup	lime juice
16 each	6" flour tortilla
4 cups	cabbage, shredded
4 cups	tomatoes, chopped

Preparation:

1. Portion tilapia into 2 oz raw strips.
2. In a food processor, combine oil, lime zest, onions, garlic, cumin, and chili powder. Pulse until almost smooth. Coat fish with marinade. Marinate in refrigerator for at least 1 hour.
3. Preheat a lightly oiled grill to medium-high heat.
4. Sprinkle fish with salt and pepper. Grill fish to a minimum internal temperature of 145°F, about 5 minutes. Remove from grill and drizzle with lime juice.
5. In a bowl, whisk to combine cilantro, sour cream, jalapeno, light mayo, and lime juice. Set aside.
6. Heat tortillas in a pan or over a low-heat gas stove.
7. Fill each 6" flour tortilla with: 2 cooked pieces of tilapia, ¼ cup cabbage, ¼ cup tomatoes, 2 tbsp sour cream mixture.

NUTRITION FACTS PER SERVING

calories	330
total fat (g)	16
saturated fat (g)	4
trans fat (g)	0
sodium (mg)	415
total carbohydrate (g)	20
dietary fiber (g)	3
sugar (g)	2
protein (g)	27



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