

Fish Tacos (in Hard Shell Corn Tacos)

5-6 tilapia fillets

1 teaspoon each: granulated garlic powder, onion powder, paprika, salt, cumin
spray oil

Hard shell corn tacos

Mango Salsa with Corn

1 cup mango chunks, fresh or frozen (If frozen, drain well)

1 cucumber with peel, diced finely

1 cup corn kernels, (approx. 180 grams) fresh or canned (drained)

1/4 cup finely chopped onion or 2 teaspoons dried minced onion

1/3 cup coarsely chopped parsley

1 tablespoon runny honey

Grated peel of one medium lemon and its juice – you will save some of each for the topping

1/2 -1 teaspoon salt to taste

1 avocado peeled and chunked (not part of the salsa, layered on top)

Topping

1/2 cup (100-113 grams) sour cream

1/4 cup (57 grams) mayonnaise

1 Tbsp lemon juice

1 teaspoon lemon peel

1 teaspoon crushed garlic or 1 teaspoon garlic powder

1/4 - 1/2 teaspoon salt

Pinch of cayenne pepper

Directions:

Preheat oven to 375 F/190 C. Line a rimmed baking sheet with parchment paper. Spray fish with oil on top and sprinkle with garlic powder, onion powder, paprika, salt and cumin. Bake about 22-25 minutes or till fish is cooked through. It will get a nice color but may not fully brown. Remove from oven and let rest.

While fish is cooking, mix together all ingredients for salsa, the mango, corn, cucumber, onion, parsley, honey, lemon juice and peel (remember to save a bit for the topping) and salt in a medium bowl till combined. Set aside to marinate.

In a separate small bowl, mix together the sour cream, mayonnaise, lemon juice and peel, garlic, salt and cayenne pepper. Stir together well and let sit.

When fish is cooked through, let rest about 5 minutes and then assemble. (Alternatively, let fish cool and combine when ready to eat, refrigerating ingredients). Take a taco and layer a piece of the fish, the mango salsa, the chunks of avocado and drizzle with the sour cream topping.