

fish tacos

SERVES 2 • READY IN 20 MINUTES OR LESS



PHASE 2

PHASE 3

Ingredients:

Fish

- 12-16 oz firm white fish such as halibut or cod cut into 4" x 2" strips
- ¼ tsp salt, divided
- ½ lime, juiced
- 2 tsp olive oil
- 1 tsp onion powder
- ¼ tsp coriander, ground
- ¼ tsp cumin, ground
- ⅛ tsp ground black pepper

Slaw

- 1 cup thin shredded cabbage
- 1 tbsp thin sliced red onion
- 2 tbsp mayo
- ¼ lime, juiced
- 2 tbsp cilantro leaves plus more for garnish
- ½ tsp chili powder
- ⅛ tsp salt

Tortillas

- 2 low carb wraps
- 1 finger pepper or jalapeno sliced thin for serving (optional)
- ½ lime, quartered, for serving

Toss fish carefully with 1/8 tsp salt, remaining fish ingredients and set aside to marinate.

Add all of the slaw ingredients together in a bowl and crush with your hands slightly. Set aside.

Cut tortillas out of your low carb wraps using a round cookie cutter. Use the biggest cutter that can cut the 3 largest circles out of them or use scissors. If you don't want to cut them, you can eat this like a big wrap.

Heat a large nonstick skillet over medium high heat. Spray with cooking oil and cook fish pieces carefully for 2 min per side. Set aside. Optionally, toast the tortillas on a separate clean pan one at a time until warmed through.

Serve fish on top of 'tortillas' and with toppings. Top with optional hot peppers and serve with lime juice.