

Fish Tacos

Meal time: Lunch/ Dinner
 Meal course: Main/ Starter
 Meal type: Fish
 Country of origin: Mexico
 Difficulty: Easy
 Servings: 4
 Total time: 25 minutes

Ingredients

1 tablespoon olive oil
 650 g fillets of tilapia or cod/haddock

For the rub:

1 teaspoon paprika
 ½ teaspoon onion powder
 1 tablespoon chili powder
 1 teaspoon oregano
 ½ teaspoon cumin
 ½ teaspoon pepper
 ½ teaspoon garlic powder
 ½ teaspoon salt

For the tacos:

1 avocado, sliced
 toppings, to taste
 8 corn or flour tortillas
 1 lime, wedged

For the fish taco sauce (optional):

½ lime, juiced
 ½ teaspoon sriracha, or to taste
 2 tablespoons mayonnaise
 ½ teaspoon cumin
 3 tablespoons sour cream
 ½ teaspoon garlic powder

Nutrition Facts

	Amount per serving
Calories	750
Total Fat	35 g
Saturated Fat	11 g
Total Carbohydrate	63 g
Dietary Fibre	14 g
Total Sugars	5 g
Protein	47 g
Cholesterol	118 mg
Vitamin D	30 IU
Calcium	360 mg
Iron	5.4 mg
Potassium	1280 mg
Sodium	1695 mg

Instructions

1. In a small bowl, mix all sauce ingredients and set aside.
2. Take another bowl and mix together all rub ingredients.
3. Rub fillets with the prepared rub mixture.
4. Place fish in a pan lined with parchment paper and drizzle with oil.
5. Bake in a preheated oven at 205 C, until fish is flaky and cooked through, for about 12-15 minutes.
6. Heat tortillas as per directions mentioned in the package.
7. Once fish is baked, break it into large chunks and divide between tortillas.
9. Serve with the prepared sauce.

Notes: this recipe is loaded with Omega-3 fatty acids, essential for the brain. They reduce the risk of age-related cognitive problems and boost the memory.