

Fish Tacos



Discover our irresistible recipe for fish tacos, a perfect blend of flavors and freshness. Learn how to easily prepare these delicious tacos that will delight your taste buds and impress your guests.

Preparation 15 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 485

Fat 22

Carbohydrates 31

Fibre 6

Protein 43

Sodium 510

Ingredients

For the fish

- 500 g of tilapia (about 4 fillets)
- 15 ml (1 tbsp) of olive oil
- 15 ml (1 tbsp) of lemon juice
- 5 ml (1 tsp) of lemon and garlic herbs

- Salt and pepper to taste

For the salsa

- ½ green bell pepper
- ½ red bell pepper
- 125 ml (½ cup) cherry tomatoes (color of your choice)
- 2 green onions
- 125 ml (½ cup) canned black beans, drained and rinsed
- A few sprigs of fresh cilantro, chopped
- 45 ml (3 tbsp) lime juice
- 15 ml (1 tbsp) olive oil
- 2.5 ml (½ tsp) sriracha
- Salt and pepper to taste

For assembling the tacos

- 4 medium-sized whole wheat tortillas
- A drizzle of olive oil
- A pinch of coarse salt
- 125 ml (½ cup) 2% plain Greek yogurt
- 1 avocado, sliced

Preparation

1. Preheat the broiler in the oven for tortilla cooking.
2. Cut the salsa ingredients; dice the bell peppers, quarter the cherry tomatoes, and slice the green onions. Combine all the salsa ingredients in a bowl: black beans, bell peppers, cherry tomatoes, green onions, and chopped cilantro.
3. Add lime juice, olive oil, sriracha, salt, and pepper to the salsa, then mix well.
4. In a pan over medium heat, cook the tilapia fillets in olive oil with the herbs for about 5 to 6 minutes on each side, or until lightly golden on the outside and flaky when cut.
5. Towards the end of cooking, drizzle the tilapia fillets with lemon juice, salt, and pepper.
6. Place the tortillas on a baking sheet and drizzle them with olive oil and a pinch of salt. Broil in the oven for 1 minute (watch closely to achieve a crisp texture without burning the tortillas).
7. Assemble the tacos by placing the fish fillets, salsa, avocado slices, and a dollop of Greek yogurt. Feel free to add lime juice or sriracha sauce for extra flavor.



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