

Fish Taco Bowl



Enjoy a tasty and nutritious twist on a classic with our Fish Taco Bowl. Packed with protein and fiber, it features Atlantic cod, homemade pickled onions, jalapeños, avocado, black beans, red cabbage, and a zesty spicy mayo. It's a deliciously balanced meal that's sure to satisfy your cravings and keep you feeling full. Perfect for a healthy lunch or dinner, this bowl combines flavor and nutrition in every bite. Give it a try and make your mealtime both enjoyable and wholesome!

Preparation 30 min

Cooking 10 min

Servings 2

Nutrition Facts (per serving)

Calories 540

Fat 21

Carbohydrates 57

Fibre 14

Protein 31

Sodium 740

Ingredients

Pickled onions (optional)

- 185 ml (¾ cup) apple cider vinegar

- 5 ml (1 tsp) fine sea salt
- 15-30 ml (1–2 tbsp) sugar
- 1 large red onion, thinly sliced

Fish Taco bowl

- 15 ml (1 tbsp) olive oil
- 200g (6 oz) fresh Atlantic cod, cut into 2 pieces
- 250 ml (1 cup) black beans, cooked
- 100 g (1 cup) red cabbage, thinly sliced
- 1 mango, cubed
- Radish, to taste
- Pickled jalapeños to taste
- Lime, cut into wedges, to taste
- Cilantro, to taste

Spicy mayonnaise

- 30 ml (2 tbsp) mayonnaise, low fat
- 30 ml (2 tbsp) Greek yogurt, plain, 0%
- 10 ml (2 tsp) hot sauce (such as Frank's Red Hot)

Preparation

1. To make the pickled onions, in a small saucepan, heat the vinegar, water, salt, and sugar. Place the sliced onions in a medium bowl. Once boiling, remove the liquid from the heat and pour over the onions. Let it cool while preparing the other ingredients.
2. In a medium pan, heat the oil and sear the cod, about 1-2 minutes on each side and set aside. Once cooled, cut into 3-4 strips per filet.
3. In 2 separate serving bowls, start building your taco bowls by evenly dividing the all the ingredients except the spicy mayonnaise.
4. Once all the ingredients placed, top with spicy mayonnaise and enjoy!

Notes

Can be refrigerated 3-4 days, cannot be frozen

The pickled onions can be prepared in advance or simply be replaced with fresh red onion slices, to taste. Note that it is also possible to use the same technique to pickle the cabbage as well



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