



Tinga's Blackened Catfish Tacos

Ingredients:

1 piece Catfish

4 oz butter

6 oz Cajun Sauce

Cucumber Salsa

5 scooped & diced cucumber

2 fresh Lime

4 oz chopped red onions

2 oz finely diced fresh jalapenos

2 oz cilantro

2 oz salt

Tacos are served topped with:

Monterey jack shredded cheese

Shredded cabbage & carrots

Chipotle mayonnaise on side along with Creamy Black Beans & Spanish Rice

Directions:

Catfish:

Pre heat iron skillet and melt butter

Rinse, dry and spice catfish pieces with Cajun spice

Blacken Catfish in pan for 4 - 5 minutes (watch for color change) then flip and cook for 2 minutes.

Remove and serve in tacos

Cucumber Salsa:

Mix ingredients together, squeezing lime juice at end and salt to taste

Putting the Taco together

Place catfish and cheese in bottom of taco shell

Place Cucumber salsa & shredded cabbage & carrots on top

Serve with Chipotle mayonnaise on side along with Creamy Black Beans & Spanish Rice