

POURHOUSE FISH TACOS

HAND MADE CORN TORTILLAS STUFFED WITH BLACKENED TILAPIA, SHREDDED CABBAGE, CILANTRO, MANGO SALSA AND AVOCADO CREMA.



PREPARING TIMES

20 MINUTES



PORTION FOR

2 PEOPLE



SERVICE TYPE

MEDIUM HOT

THE INGREDIENTS :

4	ea.	Corn Tortillas
2	ea.	Tilapia Fillets
2	tbsp.	Cajun Seasoning
2	tbsp.	Neutral Oil, Canola, Vegetable, etc. for Frying
1/2	cup	Cabbage, Sliced Super Thin
1/4	cup	Cilantro Leaves
2	ea.	Limes
1/2	cup	Sour Cream
1	ea.	Avocado
1	ea.	Mango, Diced
2	tbsp.	Red Onion, Diced
2	tbsp.	Red Bell Pepper, Diced
1	tsp.	Cumin, Ground
1	tsp.	Garlic, Granulated
1	TT	Salt & Pepper
1/4	tsp.	Cayenne, Ground

COOKING STEPS :

- Combine the Mango, Juice of One Lime, Red Peppers, Red Onion, Cumin, Garlic, Cilantro and Cayenne.
- Mash the Avocado with the Sour Cream. Add Salt & Pepper to taste and whisk until smooth.
- Slice the Cabbage as Thinly as Possible with a Very Sharp Knife. Drizzle with a Little Lime Juice.
- Season Tilapia with the Cajun spices, and Pan Sear both fillets on both sides in a non stick pan big enough for both fillets.
- Remove fish from pan and let rest. Discard oil from pan and heat the tortillas until pliable
- Hold the tortilla in one hand, place some of the cabbage inside the tortilla, Break Apart some of the Fish, Top with the Mango Salsa
- Drizzle with the Avocado Crema, Drizzle with Lime Juice. Enjoy!



CHEF JASON LITTLEFIELD

