

## Fish Tacos with Corn Relish

Try adding red pepper flakes for some extra heat.

<b><u>U.S.</u></b>		<b><u>Metric</u></b>
1 1/2 tsp	Cumin, ground	3 g
1 1/2 tsp	Chili Powder	3 g
1 tsp	Oregano, dried	1 g
1 tsp	Paprika	2 g
1/4 tsp	Black Pepper, ground	0.6 g
1/2 tsp	Kosher Salt	3 g
1 lb	Drum Fillet (or other white fish), without skin	455 g
3 tsp	Olive Oil	10 mL
2 each	Green Onions, chopped, white and greens parts separates	2 each
1/2 each	Red Bell Pepper, seeds removed, small dice	1/2 each
1-2 cloves	Garlic, minced	1-2 cloves
1 cup	Corn, fresh or frozen	113 g
1/2 cup	Diced Tomatoes, canned, unsalted	56.5 g
1 Tbsp	Red or White Wine Vinegar	15 mL
1 medium	Lime, juiced	1 medium
1 1/2 tsp	Honey	10.5 g
1 Tbsp	Cilantro, fresh, chopped	4 g
8 each	Corn Tortillas, small	8 each

### **Preparation:**

1. Gather all ingredients and equipment.
2. In a medium bowl, mix cumin, chili powder, oregano, paprika, pepper, and 1/4 tsp salt together.
3. Cut Drum into 4 ounce fillets. Evenly coat each piece of fish with the seasoning mixture.
4. Heat 1 tsp of olive oil in a medium sauté pan over medium-high heat. Add the white part of the green onion, red bell pepper, garlic and corn to the pan. Cook for 2-3 minutes, or until the corn begins to brown. Stir constantly.
5. In the same pan, add the tomatoes, vinegar and remaining salt to the pan. Cook until the relish starts to thicken.
6. Stir in the lime juice, honey, cilantro and green parts of the onions to the pan. Pour in a bowl and cover with foil to keep warm.
7. In a separate saute pan, heat 2 tsp of olive oil over medium-high heat. Add the fish and cook until golden brown on the under-side. Flip the fish over using a spatula and cook until brown.
8. Cook the fish until flaky or until it reaches an internal tempertaure of 145°F (63°C) remove from heat and break the fish up with a spatula.
9. While the fish is cooking, toast the tortillas. Place tortillas over a low flame for 1 to 2 minutes. Constantly check to make sure they aren't burning, but they should be slightly charred. Flip with tongs.
10. Assemble tacos by placing 2 tablespoons of corn relish, and 1/4 cup of fish into 8 toasted tortillas. Enjoy!

---

## Nutrition Facts

---

4 Servings

**Serving size**                    **2 tacos**

---

**Amount per serving**

**Calories**                            **350**

**Total Fat**                            11 g

    Saturated Fat                    2 g

    Trans Fat                            0 g

    Monounsaturated Fat            5 g

**Cholesterol**                        75 mg

**Sodium**                                260 mg

**Total Carbohydrate**            39 g

    Dietary Fiber                    6 g

    Total Sugars                    10 g

        Includes 2 g Added Sugars

**Protein**                                24 g

Vitamin D                            0 %

Calcium                                7 %

Iron                                      11 %

Potassium                            500 mg

Phosphorus                          250 mg

---