

Blackened Fish Tacos with Pickled Red USA Onions

These Cajun seasoned fish tacos are spiced just right and topped with a creamy lime sauce. This vibrant green sauce is packed with fresh herbs and is inspired by the classic green goddess sauce originating from the city of San Francisco.

YIELD: 12 orders (2 tacos per order)

INGREDIENTS

Pickled Red Onions:

1 cup lime juice
1 tbsp sugar
2 tsp salt
2 red USA onions, thinly sliced (1 lb)

Lime Sour Cream Sauce:

2 cups sour cream
2 avocados, peeled and pitted (9.5 ounces)
1/2 cup chopped fresh cilantro
1/4 cup chopped fresh mint
1/4 cup chopped fresh chives
1/4 cup lime juice
2 tbsp lime zest
4 cloves garlic
1 tsp ground cumin
1 tsp salt
1 tsp pepper

Blackened Fish Tacos:

2 cups all-purpose flour (10 ounces)
3 tbsp Cajun seasoning
1 tsp salt
1 tsp pepper
3 lb white fleshed fish, such as baja, tilapia, cod or haddock
1 1/2 cups canola oil
24 corn tortillas (6-inch), warmed
3 cups shredded Romaine lettuce (4.5 ounces)
1 1/2 cups finely diced pineapple (8.5 ounces)
24 lime wedges

METHOD

Pickled Red Onions: Whisk the lime juice with the sugar and salt until well combined. Add the red onion; stir to coat. Cover and refrigerate for at least 1 hour or up to 2 days.

Lime Sour Cream Sauce: Add sour cream, avocado, cilantro, mint, chives, lime juice, lime zest, garlic, cumin, salt and pepper to food processor; pulse until smooth. Cover tightly and keep chilled.

Blackened Fish Tacos: Whisk the flour with the Cajun seasoning, salt and pepper until well combined; set aside. Cut fish into 48 (1 ounce) portions; keep chilled.

1 order: Toss 4 portions fish with some seasoned flour to coat. Heat 2 tbsp oil in nonstick fry pan set over medium-high heat. Cook for 2 to 3 minutes per side or until fish is browned and cooked through. Divide fish between 2 warmed tortillas. Garnish each taco with 2 tbsp lettuce, 1 tbsp Lime Sour Cream Sauce, 1 tbsp Pickled Red Onions and 1 tbsp diced pineapple. Serve 2 tacos per order. Serve with lime wedges.

Tip: Garnish with finely sliced fresh chiles for spicy fish tacos.

