Ben's Original™/MC

Lime Chili Fish Tacos
RECIPE

Lime Chili Fish Tacos



TIME	20 min
INGREDIENTS	11 items
MAKES	4 servings

Whether they're served in soft or hard shells, Lime Chili Fish Tacos are the perfect meal for bringing people together. Get creative with the ingredients but start with a tasty cod base and BEN'S ORIGINAL™ SPICY STYLE Green Sriracha Flavour rice.

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INGREDIENTS

- 2 pouches (each 240g) of BEN’S ORIGINAL™ SPICY STYLE Green Sriracha Flavour
- 2 Cod fillets

- 2 tsp (10mL) Chili powder
- ½ tsp (2mL) Garlic powder
- 2 tsp (10mL) Canola oil
- 1 Lime, quartered
- 12 Taco shells
- 2 cups (500mL) Sliced red cabbage
- 3/4 cup (185mL) Pico de Gallo
- 3/4 cup (185mL) Fresh cilantro leaves
- 3/4 cup (185mL) Mashed avocado

INSTRUCTION

1. Rub cod fillets with chili powder and garlic powder until well coated.
2. Heat oil in non-stick skillet over medium-high heat. Add add fillets and cook for 5 minutes per side or until fish flakes apart. Squeeze a lime quarter over each fillet. Break fillets into smaller pieces.
3. Heat BEN’S ORIGINAL™ SPICY STYLE Green Sriracha Flavour according to package directions.
4. To serve tacos: On each taco shell, layer 1/3 cup/85 mL BEN’S ORIGINAL™ Spicy Style Green Sriracha Flavour rice, about 2 tbsp/30 mL lime chili cod, 3 tbsp/45 mL red cabbage and 1 tbsp/15 mL each Pico de Gallo, cilantro and avocado. Enjoy!

RECIPE NOTES:

- Heat taco shells according to package directions if desired.
- Pico de Gallo is a fresh tomato salsa, if unavailable use regular salsa.
- Change cod to sole, tilapia or basa fillets.
- Replace mashed avocado with guacamole.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 532
- Carbohydrates (g) 67 g
- Fiber (g) 8 g
- Protein (g) 21 g
- Total Fat (g) 22 g
- Sodium (mg) 606 mg
- Sugars (g) 4 g

CATEGORIES :

Seafood, less than 20, Ready to Heat Rice

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Rice & Bean Tostada Bowls

Cooking time

15 min

Ingredients

6 items



Pork and Shrimp Fried Rice

Cooking time

40 min

Ingredients

9 items



Taco-Licious Chicken Skillet with Wholegrain Brown Rice

Cooking time

40 min

Ingredients

18 items

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