

# BAKED FISH TACOS WITH MANGO-AVOCADO SALSA

This is a really long name for one of the easiest, fastest, and tastiest summer dishes around. The key to making this taco restaurant quality to make sure you add some sort of crunch (in this case the red cabbage) to contrast the softer ingredients like the fish, mango, and avocado. The slightest hint of smoke from the chipotle marries perfectly with the sweetness of mango.

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## INGREDIENTS

1- 1 1/2 pounds cod cut into 1/2-inch pieces (about 18)  
1/2 cup red cabbage, shredded  
8 corn tortillas  
olive oil spray

### SPICE SEASONING

1 teaspoon garlic powder  
1 teaspoon paprika  
1 teaspoon chipotle chili powder  
1 teaspoon salt  
2 heaping tablespoons cassava flour

### MANGO-AVOCADO SALSA

1 mango (Ataulfo), peeled, diced  
1 avocado, diced  
1/4 red onion, diced  
1 tablespoon cilantro, minced  
1/2 lime, juiced  
1/4 teaspoon salt

## MAKES 8 to 10 tacos

- 1 Preheat the oven to 400°. Line a rimmed baking sheet with aluminum foil.
- 2 Make the spice seasoning by combining garlic powder, paprika, chipotle chili powder, salt, and cassava powder in a small bowl.
- 3 Take each piece of cod and coat in the spice seasoning and lay on the lined baking sheet. Spray lightly with olive oil spray.
- 4 Bake the fish for 6-8 minutes until done.
- 5 In a small bowl, place the mango, avocado, red onion, cilantro, lime juice, and salt and toss gently.
- 6 Heat corn tortillas in a skillet or on the stovetop. Place some red cabbage, one or two piece of fish, and then top with the mango-avocado salsa.

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## NOTES

- If you don't have chipotle chili powder, substitute 1 teaspoon ground cumin and 1/4 teaspoon chili powder.
- Also, substitute the cassava for all-purpose flour if you don't have it on hand.



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