

Fish Taco Salad Stir-Fry



Makes:

4 - 6 servings, as main course

Utensil:

Saladmaster Food Processor

7 Qt./6.6 L Wok with Cover

small mixing bowl

Blender

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Recipe:

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Recipe Description:

Taco salad is an easy party dish to prepare, perfect for warm weather dining. Toss together salad ingredients and make the dressing in advance. Stir-fried firm white fish lightens up this traditionally batter-fried dish without losing any flavor. Offer a selection of toppings for guests to customize their salad.

1 ½ pounds
firm white fish, trimmed of skin and bones, cut into 1½-inch
pieces
(680
g)
1 ½ teaspoons
sweet paprika
(3
g)
1 teaspoon
cumin powder
(2
g)
⅛ teaspoon
cayenne pepper, ground
(.25
g)
½ teaspoon
natural salt
(3
g)
1 tablespoon
olive oil
(15
mL)
1 tablespoon

fresh lime juice
(15
mL)

Salad

12
ounces romaine lettuce, washed and (340 g) $\frac{1}{2}$
chopped $\frac{1}{2}$
head red cabbage, shredded, use Cone #3 (approximately 2
cups)
(140 g)
cup red onion, strung, use Cone (80 g) 1
#2 2
red bell pepper, julienned, use Cone
#2
Dressing
carrots, trimmed and scrubbed, julienned, use Cone
#2

8 ounces low-fat yogurt, plain (227 g) **Directions:**

2 avocados, very
ripe

$\frac{1}{2}$ - $\frac{3}{4}$ cup water (120 - 180 mL), cayenne, salt, olive oil and lime
juice. Toss fish with spices to
evenly coat. Place in the

$\frac{1}{2}$ cup lime juice (120 mL)
1 $\frac{1}{2}$ teaspoons natural salt (9 g) fresh ground pepper, to
taste

1 - 2 teaspoons Siracha or hot (5 - 10 mL) preparing
sauce salad.

2. Place romaine lettuce in a large bowl. Process cabbage,
onion, pepper and carrots directly into the bowl and toss to
combine. Place salad mixture in the refrigerator.

3. Blend yogurt, avocados, water, lime juice, salt, pepper and
Siracha in blender until smooth and creamy. Taste dressing
and adjust as necessary with extra water, lime juice or
seasonings. Dressing should be smooth and creamy and not
too thick. Pour dressing in a small container and refrigerate
until ready to use.

4. Preheat wok over medium heat until several drops of water
sprinkled in wok skitter and dissipate. Drain fish from
marinade and pat off excess moisture with paper towel. Add
fish to wok and stir-fry for approximately 5 - 6 minutes, tossing
occasionally to brown evenly on all sides.

5. To serve, divide salad mixture evenly between plates and top
with fish. Drizzle dressing over each serving.

Tips:

- Monkfish, halibut, or sea bass work well in this recipe.

Nutritional Information per

▼ Serving

Salad, including fish (based on 6 servings)

Calories: 210

Total Fat: 6g

Saturated Fat: 1g

Cholesterol: 36mg

Sodium: 306mg

Total 15g

Carbs:

Dietary Fiber: 5g

Sugar: 7g

Protein: 26g

Dressing (based on 6 servings)

Calories: 128

Fat: 10g

Saturated Fat: 2g

Cholesterol: 2mg

Sodium: 647mg
Carbohydrate: 10g
Fiber: 4g
Sugar: 4g
Protein: 3g
