

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 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 ¹/₂
pounds
firm white fish, trimmed of skin and bones, cut into 1½-inch pieces
(680
g)
1 ¹/₂
teaspoons
sweet paprika
(3
g)
1

teaspoon
cumin powder
(2
g) $\frac{1}{8}$

teaspoon
cayenne pepper, ground
(.25
g) $\frac{1}{2}$

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 chopped
(340
g) $\frac{1}{2}$

head
red cabbage, shredded, use Cone #3 (approximately 2 cups)
(140
g) $\frac{1}{2}$

cup
red onion, strung, use Cone #2
(80
g) 1

red bell pepper, julienned, use Cone #2
2
carrots, trimmed and scrubbed, julienned, use Cone #2

Dressing

8
ounces
low-fat yogurt, plain

(227

g)

2

avocados, very ripe

¹?₂ - ³?

⁴

cup

water

(120 - 180

mL)

¹?₂

cup

lime juice

(120

mL)

¹?₂

teaspoons

natural salt

(9

g)

fresh ground pepper, to taste

1 - 2

teaspoons

Siracha or hot sauce

(5 - 10

mL)

Directions:

1. Place fish in a bowl. Add paprika, cumin, cayenne, salt, olive oil and lime juice. Toss fish with spices to evenly coat. Place in the refrigerator to marinate while preparing 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 Carbs:

15g

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