

Fish Tacos Compustas (To Put Together)



Makes:

12 servings

Utensil:

Mega Skillet Limited Edition

11" Square Griddle

small mixing bowl

medium mixing bowl

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Recipe:

Contributed By:

Chef John Lara

Personal chef to former U.S. President

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Cilantro Lime Vinaigrette

¼ cup

fresh lime juice

(60

mL)

2 tablespoons

white wine vinegar

(30

mL)

1 tablespoon

honey

(21

g)

1 tablespoon

ground cumin

(15

mL)

¼ cup

cilantro, chopped

(4

g)

salt and freshly ground pepper

Fish and Marinade

2

tablespoons chili (30 mL) 1
powder ½

Serrano pepper, seeded and coarsely ½
chopped 24

cup fresh cilantro leaves, (8 g) cup honey (170 g)
chopped **Garnish**

flour or corn tortillas (6 inches
each)

Shredded romaine
lettuce

Sour cream Pico de gallo (see Tips) Guacamole (see Tips)

Directions:

1. Combine lime juice, vinegar, honey, cumin, cilantro, salt and pepper in a medium bowl and whisk to combine. While whisking, slowly drizzle in the olive oil. Whisk until well combined.

Fish and Marinade

1. Place fish in a medium size dish. Whisk together olive oil, lime juice, chili powder, Serrano pepper, cilantro and honey in a small mixing bowl. Pour over fish. Refrigerate and let marinate for 30 minutes.
2. Preheat Mega Skillet over medium heat for 5 - 7 minutes. When several drops of water sprinkled on pan skitter and dissipate, carefully add fish and sear 5 minutes until nicely caramelized. Turn and cook for 5 - 8 minutes or until done. Cover and reduce heat to low and cook for 3 minutes. Let rest.
3. Top Mahi Mahi or salmon fillet with the cilantro lime vinaigrette, flake with a fork and serve.
4. Place tortillas on preheated griddle and heat for 10 seconds on each side. Divide the fish among the tortillas and garnish.

Tips:

- To prepare Pico de Gallo, in a medium bowl combine: 8 - 10 Roma tomatoes, seeded and diced; ½ white onion, diced; 1 jalapeno pepper, diced (optional); 4 tablespoons (4g) fresh cilantro, chopped; 1 teaspoon (5 mL) sea salt; 1 teaspoon (5 mL) ground cumin; and the juice of one lime. Mix well.
- To make Guacamole, in a medium bowl mash 2 avocados. Then add: 1 ripe Roma tomato, diced; ¼ onion, finely diced; ¼ teaspoon (1.25 mL) ground cumin; ½ teaspoon (2.5 mL) ground garlic; 1 tablespoon (15 mL) fresh cilantro, finely chopped; and juice of one lime, to taste. Season with salt and pepper.
- Top fish tacos with "queso fresco" or feta cheese crumble.

Nutritional Information per

▼ Serving

Calories: 476
Total Fat: 26g
Saturated Fat: 4g
Cholesterol: 29mg
Sodium: 251mg
Total 49g
Carbs:
Dietary Fiber: 7g
Sugar: 17g
Protein: 17g

Nutritional analysis includes pico de gallo and guacamole garnish