

## 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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### Contributed By:

Chef John Lara

Personal chef to former U.S. President

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Cilantro Lime Vinaigrette

<sup>1</sup>/<sub>4</sub>

cup

fresh lime juice

(60

mL)

<sup>2</sup>

tablespoons

white wine vinegar

(30

mL)

<sup>1</sup>

tablespoon

honey

(21

g)

<sup>1</sup>

tablespoon

ground cumin

(15

mL)<sup>1</sup><sub>?4</sub>

cup

cilantro, chopped

(4

g)

salt and freshly ground pepper

<sup>1</sup><sub>?2</sub>

cup

olive oil

(120

mL)

### **Fish and Marinade**

1<sup>1</sup><sub>?2</sub> - 2

pounds

Mahi Mahi or salmon, fresh or frozen, skin removed

(680 - 900

g)

<sup>1</sup><sub>?2</sub>

cup

olive oil

(120

mL)

2

limes, juiced

2

tablespoons

chili powder

(30

mL)

1

Serrano pepper, seeded and coarsely chopped

<sup>1</sup><sub>?2</sub>

cup

fresh cilantro leaves, chopped

(8

g)

<sup>1</sup><sub>?2</sub>

cup

honey

(170

g)

24

flour or corn tortillas (6 inches each)

### **Garnish**

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 Carbs:**

49g

**Dietary Fiber:**

7g

**Sugar:**

17g

**Protein:**

17g

Nutritional analysis includes pico de gallo and guacamole garnish