



Fish Tacos

with Avocado Orange Salsa and Creamy Slaw

We can always count on bright and colorful fish tacos to kick our mid-winter blues. Here, sole is roasted in our Mexican-inspired spice blend of chili, cumin, and oregano. The star of the fruity salsa? Seasonal Cara Cara orange, a type of navel orange that's perfectly sweet, easy to peel, and super juicy, so infusing avocado and jalapeño with that bright citrus flavor is a cinch.

20-30 minutes

2 servings

710 calories per serving

Plated.

Ingredients

12 ounces sole
1 spice mix
¼ teaspoon chili powder
½ teaspoon ground cumin
¼ teaspoon dried oregano
2 scallions, divided
1 avocado
1 Cara Cara orange, divided
6 corn tortillas
1½ ounces mayonnaise
½ tablespoon apple cider vinegar
2 ounces arugula
1 slaw mix
1 cup shredded red cabbage
1 cup shredded carrots
1 jalapeño

You'll Need

2 tablespoons olive oil
kosher salt
black pepper
aluminum foil
baking sheet

Recipe Tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Your sole is finished cooking when it flakes easily with a fork or a thin knife inserted into the fish meets no resistance. USDA recommends cooking fish to 145°F.

Jalapeño is pretty spicy, so how much is too much? If you... LOVE spicy salsa: chop it all! like a little heat: chop 2 teaspoons. don't want spice: simply omit it.

Great food starts with great ingredients. We're proud to send you fish sourced sustainably from trusted fisheries.



1. Marinate Sole

Preheat oven to 425°F. Pat **sole** dry with paper towel and place on a foil-lined baking sheet. Season all over with **spice mix** and **½ teaspoon salt**. Drizzle **½ tablespoon olive oil** over each fillet, then rub seasoning into fish. Set aside to marinate at room temperature for about 10 minutes.



2. Prepare Ingredients

While sole marinates, rinse all produce. Peel **orange**, discard skin, and halve. Over a large bowl, squeeze **1 half of orange** to yield about **1 tablespoon juice**, then roughly chop **orange**. Trim and discard **scallion** roots and thinly slice. Halve **avocado** and discard pit. Using a spoon, carefully scoop out flesh, discarding skin. Cut into $\frac{1}{2}$ -inch dice and place in a medium bowl (big enough for the salsa).



4. Make Creamy Slaw

While tortillas warm, add **mayonnaise** and **apple cider vinegar** to bowl with orange juice and whisk to combine. Season with **¼ teaspoon salt**. Add **arugula**, **slaw mix**, and **half of scallions**. Toss to coat, then set aside until ready to serve.



5. Make Avocado Orange Salsa

Halve **jalapeño** lengthwise and, using a knife tip, discard seeds and finely chop as much as desired (see Recipe Tip). Add to bowl with avocado. Stir in **chopped orange**, **remaining scallions**, and **1 tablespoon olive oil** to combine. Season with **½ teaspoon salt** and **pepper** as desired, then set aside.



3. Roast Sole and Warm Tortillas

Transfer baking sheet with **sole** to oven and roast until fish is cooked through and opaque, about 8 minutes (see Recipe Tip). Meanwhile, stack **tortillas** and wrap in foil. Place in oven to warm until ready to serve.



6. Plate Fish Tacos

Using a fork, flake **sole** into large pieces. Divide **tortillas** between plates and fill with **sole**. Top with a spoonful of **avocado orange salsa**, and serve any remainder alongside with **creamy slaw**. Dig in!

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