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Fish Tacos with Pineapple Jicama Slaw

Mahi mahi is grilled with a coriander and cumin seed crust, which provides the perfect balance to the light and crunchy pineapple jicama slaw, and the whole meal is ready in just 40 minutes!

By Cara Lyons | Photo: Cara Lyons

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Serves: 2
Hands-on time: 25 minutes
Total time: 40 minutes

CATEGORY:
Under 45 Minutes

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INGREDIENTS:

- Olive oil cooking spray
- 2 tbsp coriander seeds
- 2 tbsp cumin seeds
- 2 boneless, skinless mahi mahi fillets (about 4 1/2 oz each)
- 4 corn tortillas (6 inches each)

SLAW

- 1 cup fresh, diced pineapple
- 1 cup julienned jicama
- 1 green chile or jalapeño pepper, seeded and minced
- 1/3 cup thinly sliced scallions
- 1 lime, juiced and zested
- 1 tbsp unseasoned rice vinegar
- 2 tbsp chopped fresh cilantro
- 2 tbsp chopped fresh mint

INSTRUCTIONS:

OPTION:

Alternatively, bake fish in oven on a foil-lined baking sheet at 375°F for about 10 minutes. Tortillas can be warmed in a dry skillet on medium heat.



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1. Prepare slaw: In a medium bowl, add all slaw ingredients. Toss to combine and set aside in refrigerator, covered, until ready to serve.
2. Preheat grill to medium. Place a large sheet of aluminum foil on a baking sheet and lightly mist it with cooking spray.
3. In a plastic bag with a zip-top closure, combine coriander and cumin seeds. Gently crush seeds with a rolling pin or flat side of a meat tenderizer. Empty crushed seeds onto a large plate.
4. Rinse mahi mahi and pat dry with paper towels. Gently press both sides into seed mixture and place fish on foil-lined baking sheet. Transfer baking sheet to grill, cover and cook for 10 minutes, or until fish is just opaque at the centre and flakes easily with a fork. Remove from grill and carefully wrap edges of foil around fish to keep warm (use oven mitts or tongs for assistance).
5. Warm tortillas on grill for 1 to 2 minutes per side.
6. To assemble tacos, slice fish into 1- to 2-inch pieces. Divide evenly among tortillas and top each with about 1/2 cup slaw.

Nutrients per 2 tacos (2 tortillas, 4 oz fish, 1 cup slaw): Calories: 231, Total Fats: 3.5 g, Sat. Fat: 0.5 g, Omega-3s: 190 g, Omega-6s: 410 g, Carbs: 25 g, Fiber: 8 g, Protein: 7 g, Sugars: 10 g, Sodium: 132 mg, Cholesterol: 0 mg

KEYWORDS: lunch, fish, Mexican, coleslaw, taco

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