

Fish Taco Bowls

11 ingredients · 20 minutes · 3 servings



Directions

1. Pat the cod dry with a paper towel. Add 1/5 of the oil, turmeric, garlic powder, and 1/2 of the salt to the cod. Rub the spices into the cod and set it aside.
2. Heat a skillet over medium heat and then add the cod. Cook for four minutes per side, or until cooked through. Remove and let cool and then flake and set aside.
3. Using a blender or immersion blender, blend the remaining oil, lime juice, cilantro, and remaining salt until smooth.
4. Divide the romaine evenly between bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add jalapeno to the dressing before blending and purée. Add a touch of honey to the dressing to for a bit of sweetness.

Additional Toppings

Add crushed tortilla chips to the salad for crunch.

No Blender

Finely chop the cilantro and shake the dressing ingredients together in a jar.

Fillet Size

One cod fillet is equal to 231 grams or eight ounces.

Ingredients

- 2 Cod Fillet
- 1/3 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Turmeric (ground)
- 1/4 tsp Garlic Powder
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (finely chopped)
- 6 leaves Romaine (large, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1 Mango (peeled and cubed)
- 1 Avocado (sliced)

Nutrition

Amount per serving

Calories	523	Vitamin C	61mg
Fat	34g	Calcium	72mg
Saturated	5g	Iron	2mg
Carbs	28g	Vitamin D	55IU
Fiber	8g	Vitamin B6	0.8mg
Sugar	18g	Folate	199µg
Protein	31g	Vitamin B12	1.4µg
Cholesterol	66mg	Magnesium	95mg
Sodium	491mg	Zinc	1mg
Potassium	1432mg	Selenium	52µg

Vitamin A 6758IU