

## Blackened Fish Tacos with Mango Salsa by Janette Mitchell

Prep Time 25 mins | Serves 4



### Ingredients: Mango Salsa

- 1 mango peeled and diced
- ½ red pepper seeded and diced
- 1 Tbsp of olive oil
- Juice of 1 lime + some zest
- 1/3 cup chopped fresh cilantro
- ½ tsp salt
- pinch of chili flakes

Combine all ingredients and let sit at room temperature while you are preparing the tacos.

### Ingredients: Tacos

4 pieces of frozen haddock, or cod thawed  
2 Tbsp of oil  
3 Tbsp each smoked paprika, dried oregano, and thyme  
1 tsp each of, cumin, onion & garlic powder  
½ tsp each salt and black pepper  
1 cup finely shredded red cabbage  
1 avocado sliced  
1 cup of your favorite tomato salsa  
1 pkg of 12" taco shells

### Method:

1. Peel and cut the avocado and reserve.
2. Prep the cabbage and reserve.
3. Mix the spices together.
4. Pat dry the thawed fish thoroughly, and then dredge the fish in the dry rub.
5. Turn on cast iron pan to medium-high. Once hot, add oil to the pan and then place the fish in the pan. Turn after about 2-3 mins, or when you see a nice crust developing. Cook all 4 sides this way. Remove from heat and cover to keep warm.
6. Wipe out pan and place tortillas one at a time on medium heat for roughly 5-15 seconds, or until you see bubbling and blistering, then flip to warm the other side.  
NOTE: If you want everything ready at once, you can warm the tortillas in another pan while you are cooking the fish.
7. Fill your taco shells when they are warm with the fish, slaw, cabbage, avocado and salsa. Sprinkle with cilantro. Enjoy!