



## 1 QUICK RECIPE:

### Fun and EASY Fish Tacos

1-2 LBs White Fish, (firm, mild tasting filets like cod, haddock or amberjack)

½ Cup Panko Bread Crumbs

2 TB Medium Grind Cornmeal

2 Tsp Smoked Paprika

½ tsp Olive Oil Spray or Olive Oil

½ Cup Olive or Avocado Oil Mayonnaise

1 TB Lime Juice

2 TB Chopped Pickled Jalapeños

1 TB Chopped Cilantro

Sea Salt and Freshly Ground Pepper

1 Bag Broccoli Slaw

12 - 16 Corn \*Tortillas, Warm

1 Large Chopped Avocado

Chopped Cilantro for Garnish

**Step One** Preheat the oven to 350F. Cut the fish into ¾" slices.

Coat the fish by placing the panko, cornmeal and paprika in a plastic zip bag. Add the fish slices a few at a time and shake to coat well. Place the slices on a sheet tray that has been sprayed or rubbed with olive oil and cook for 5 - 8 minutes or until the fish is flaky and white.

**Step Two** To make the Taco Sauce,

add the mayo, lime juice, jalapeños and cilantro to a small bowl and stir to combine. Taste and season with salt and pepper.

### Step Three

Place a spoonful of broccoli slaw and a piece or two of fish in each taco. Top with a slice of avocado and a healthy dollop of sauce. Sprinkle with cilantro



## 2 KITCHEN SCOOP

I use corn tortillas in this recipe, but you can sub flour tortillas. My favorite brand of tortillas? El Milagro - you can find them at Buford Hwy Farmer's Mkt and bodegas around Atlanta. You can even order them from Amazon - but you'll have to find friends 😊 the order includes 25 packages!

## 3 CLEVER

I love a cloth tortilla warmer! Just place the tortillas in the warmer separated by parchment paper and pop them into the microwave for 1 minute. If you don't have a warmer like [THIS ONE](#) separate the tortillas like above, and wrap in a kitchen towel and microwave them for 1 minute.

## 4 CHEERS!

### Broadbent Vinho Verde

#### Minho Portugal

About \$10

This wine is one I return to again and again—and I loved visiting the region where it's made just last week: Vinho Verde. (Quick tip: the final "e" is barely pronounced, so "Vinho Verd" will make you sound like a pro.) Despite what many think, Vinho Verde isn't a style—it's a place in northwest Portugal known for a range of wines, though especially its light, crisp whites like this one. It's perfect with tacos, seafood, and the classic Portuguese pairing: cod. Bright, refreshing, and slightly effervescent, it brings a lively edge to any dish.