

cara price

FISH TACOS



INGREDIENTS

- 2 pounds cod, or other firm white fish
- 1 tablespoon arrowroot flour
- 1 tablespoon + 1 teaspoon taco seasoning
- 1 teaspoon salt
- 1/4 cup avocado oil
- 1 recipe paleo wraps
- optional garnish: fresh avocado, cilantro & lime slices

DIRECTIONS

wrap the fish in paper towels for about 10 minutes to remove as much excess moisture as possible. this will give you a much crispier finished fish.

place the arrowroot flour, taco seasoning & salt in a large zip top baggie & give it a shake to mix seasonings. after the fish is dry, place the fish in the baggie with seasonings & give it a good shake to completely coat the fish.

pour the avocado oil into a large, flat bottomed skillet. heat over medium-high heat*. working in batches as necessary, being sure to not overcrowd the pan, place pieces of fish in hot oil & cook about 3 minutes per side. (time will vary depending on thickness of fish - you will know it's ready to flip when the fish lifts easily away from the pan with a spatula)

serve immediately! this fish also keeps well in the fridge for leftovers.

*cook's note: I found with this recipe I needed to continually adjust my heat from medium to medium-high. Watch your heat carefully so as not to burn the outer crust.