

Fish Tacos

Easy fish tacos with seasoned baked cod, crispy cabbage, and creamy taco sauce. Ready in 40 minutes with authentic Mexican flavors and fresh toppings.

20 min

PREP

20 min

COOK

40 min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Ingredients

- 8 corn tortilla
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp sea salt
- 1 tsp black pepper
- 1 cabbage
- 1 tomato
- 1 jalapeno pepper
- 1 cup cilantro (coriander)
- 1 cup sour cream
- 1 cup mayonnaise
- 2 tbsp lime juice
- 1 tsp chili flakes
- 1 tsp salt

Instructions

1 Prepare the fish seasoning

Combine 1 teaspoon cumin, 1 teaspoon garlic powder, 1 teaspoon smoked paprika, 1 teaspoon black pepper, and 1 teaspoon salt in a small bowl and mix well.

- 2 Preheat oven to 200°C (400°F). Pat the fish fillets completely dry with paper towels and place on a parchment-lined baking sheet.
- 3 Drizzle 1 tablespoon olive oil over the fish fillets and rub evenly over all surfaces. Sprinkle the spice mixture over both sides of the fillets and rub in thoroughly.
- 4 Let the seasoned fish rest at room temperature for 15 minutes to allow the flavors to penetrate.
- 5 Bake the fish for 12-15 minutes until it flakes easily with a fork and reaches an internal temperature of 63°C (145°F). Remove from oven and flake into bite-sized pieces with a fork.
- 6 **Make the taco sauce**

Whisk together 1 cup sour cream, 1 cup mayonnaise, 2 tablespoons lime juice, 1 teaspoon chili flakes, and 1 teaspoon salt in a medium bowl until smooth.
- 7 **Warm tortillas and assemble**

Heat each of the 8 tortillas in a dry skillet over medium heat for 30 seconds per side until warm and pliable.
- 8 Place 2-3 pieces of flaked fish in the center of each warm tortilla. Top with 1 cup shredded cabbage, diced avocado, 1 cup corn kernels, and diced tomatoes, dividing evenly among the tacos.
- 9 Drizzle each taco with the prepared sauce, garnish with fresh cilantro, and serve immediately with lime wedges on the side.

Tips

Pat fish completely dry with paper towels before applying the spice rub to ensure maximum flavor adhesion and prevent steaming during cooking.

Let the seasoned fish rest for 15-20 minutes before cooking to allow the spices to penetrate and create a more flavorful crust.

Use a meat thermometer to check doneness – fish is ready when it reaches an internal temperature of 145°F and flakes easily with a fork.

Warm tortillas in a dry skillet or directly over a gas flame for the best texture and flavor, avoiding the microwave which can make them tough.

Keep taco assembly quick and don't overfill – too many toppings will make the tacos difficult to eat and cause the tortillas to break.

Prepare all toppings before cooking the fish so you can assemble the tacos immediately while the fish is still hot and crispy.

Store leftover components separately in the refrigerator and assemble fresh tacos as needed to prevent soggy tortillas.

Double the spice blend recipe and store the extra in an airtight container for future fish taco nights.