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Fish Tacos

Servings per recipe: 4

Calories per serving: 254

Cost per serving: \$6.92

Ingredients

1 red onion, peeled and sliced thinly
1 cup red wine vinegar
½ cup distilled white vinegar
1 tbsp sugar
2 limes
Several sprigs of fresh cilantro and a handful of leaves
2 cups shredded red cabbage
1 avocado freshly sliced
1 lb cod fillet
Olive oil
4 corn tortillas



Preparation

Quick-pickled onions

To pickle the onions, combine the red and white vinegars, juice of one lime, sugar, and a pinch of sea salt in a large jar. Screw on the top of the jar and shake vigorously to dissolve the sugar. Add the onion slices and several sprigs of the cilantro, reserving some leaves to top the tortillas. Let the ingredients sit while preparing the other ingredients. You can refrigerate any leftover pickled onions for up to two weeks.

Cabbage Slaw

Combine cabbage, juice of one lime and pinch of sea salt in a medium-sized bowl. Toss with hands to combine. Set aside. Cabbage will wilt slightly but retain its crunch.

Cod

Heat a grill to medium-high heat. Brush both sides of the cod with olive oil and season with salt and pepper. Brush the grill with extra olive oil right before placing the fish, then cook until just opaque, about 8 minutes. In the last few minutes of the fish cooking, add tortillas to the grill to heat, turning once.

Assembly

To compile the tacos, place some of the cabbage slaw in the middle of each tortilla, add the prepared cod, and top with the pickled onions, freshly sliced avocado, and extra cilantro leaves.