

# LOUISIANA FISH TACOS

Serves 5  
Prep: 10 minutes // Cook: 10 minutes

Calories: 360; Fat: 10g; Saturated Fat: 0.5g; Carbohydrate: 39g; Fiber: 5g; Protein: 29g; Cholesterol: 105mg; Sodium: 430mg

## Ingredients:

- 3 cups coleslaw mix
- ¼ cup light mayonnaise
- 1 tablespoon apple cider vinegar
- ½ tablespoon Dijon mustard
- 1 package **Wildtree Creole Skillet Meal**, divided
- 1 tablespoon capers, chopped
- 1 ½ pounds Mahi-mahi, skinless, chopped
- 1 tablespoon **Wildtree Roasted Garlic Grapeseed Oil**
- 10 (6-inch) corn tortillas
- 2 Roma tomatoes, diced

## Tools you'll need:

- Mixing bowl
- Measuring cups
- Measuring spoons
- Knife
- Cutting board
- 12-inch nonstick skillet
- Spatula
- Nonstick skillet or griddle

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**\*BE SURE TO READ ALL THE DIRECTIONS BEFORE COOKING. YOU'LL THANK US AFTER!\***

## Food Fact:

Mahi Mahi is a tropical fish, that can be found frozen in most areas of the US. It has a mild flavor similar to tuna.



**1** Prepare coleslaw by combining coleslaw mix, mayonnaise, Dijon mustard, 1 tablespoon **Creole Skillet Meal**, and capers; set aside.



**2** Cut Mahi-mahi into bite size pieces and season with remaining **Creole Skillet Meal**.



**3** Heat **Roasted Garlic Grapeseed Oil** in a 12-inch nonstick skillet over medium heat. Add the fish and cook, tossing occasionally, for about 2 minutes or until cooked through: 140°F.



**4** Heat a second nonstick skillet or griddle over medium-high heat. Cook the corn tortillas on both sides until golden brown.



**5** Serve fish on corn tortillas with prepared coleslaw and diced tomatoes.

