

## Another Healthy Recipe from



### Fish Tacos with Lime Crema

This fish tacos recipe keeps things really simple, but it's a powerhouse of flavor and nutrition! Our tortillas are made with coconut flour and arrowroot flour. That means they're gluten-free, contain no added sugars, and are a perfect choice for maintaining your gut health.



### INGREDIENTS

#### Fish Fillets

- 3 Tbsp. oil, such as olive or coconut, melted
- 1/2 lb. fish fillets
- 2 Tbsp. coconut flour
- 2 Tbsp. arrowroot powder
- A good pinch each of salt, pepper, and paprika

#### Tortillas

- 1/4 cup coconut flour
- 1 cup arrowroot powder
- 1 Tbsp. golden flaxseed meal
- 1/4 tsp. salt
- 1 1/4 cup unsweetened coconut, almond or flaxseed milk
- 2 eggs
- Oil, such as olive or coconut, for frying
- Shredded cabbage, green and purple
- Diced avocado cubes
- Thinly sliced scallions
- Finely minced cilantro
- Lime wedges

#### Lime Crema

- 1 cup plain yogurt or kefir
- Fresh lime juice (1/4/ lime)
- A good pinch each of salt, cumin, and paprika

## Another Healthy Recipe from



### **INSTRUCTIONS**

#### **Directions for fish fillets**

1. Preheat oven to 400 degrees F (205 degrees C). Drizzle a rimmed baking sheet with 1 tablespoon oil, set aside.
2. On a shallow plate, combine coconut flour, arrowroot powder, salt, pepper and paprika, stir with a fork to combine.
3. Coat fish fillets with flour mixture, transfer to baking sheet and drizzle fillets with remaining 2 tablespoons of oil.
4. Bake fish fillets until cooked through, about 20 minutes, flipping halfway through baking. Remove fillets from oven and set aside.

#### **Directions for tortillas**

1. In a medium bowl add coconut flour, arrowroot powder, golden flaxseed meal and salt, whisk to combine.
2. Make a well in the center of the flour mixture. Add milk and eggs and whisk batter until thoroughly combined.
3. Let tortilla batter rest for a few minutes, as coconut flour absorbs moisture and thickens slightly.
4. Heat about a half teaspoon of oil in a skillet over medium heat. Pour 1/4 cup of tortilla batter into the center of the skillet. With an off set spatula or the back of a spoon, smooth out batter to create an 6 inch tortilla.
5. Fry tortilla for about 2 minutes on each side. Repeat process with remaining batter, adding another half teaspoon of oil to the skillet for each tortilla. This makes about 8 tortillas.
6. To assemble tacos, first top each tortilla with shredded cabbage. Then cut the fish fillets into bite size pieces and divide equally among the tacos.
7. Garnish each taco with cubed avocado, sliced scallions, and finely minced cilantro. Finish off with a drizzle of Lime Crema (see below) and a squeeze of fresh lime juice.

#### **Directions for lime crema**

1. Combine all ingredients in a small bowl, whisk to combine.