

Crispy Cod & Cabbage Slaw Tacos

with Avocado, Pineapple & Pepita Salsa

Chefs, these flavorful fish tacos have it all. We're coating cod with a corn flour batter, then pan-frying it to crispy, golden-brown perfection. With a layer of creamy, spiced slaw and a topping of fresh pineapple salsa (which gets delicious crunch from pan-toasted pepitas, or pumpkin seeds), each taco is full of satisfying flavors and textures—all wrapped up in a warm flour tortilla.

Blue Apron Wine Pairings

Scharf Farms Vineyard Pinot Gris, 2015
Asilomar Trail Riesling, 2014



Ingredients

4 Cod Fillets
10 Flour Tortillas
¾ Cup Corn Flour
4 Ounces Cubed Pineapple
1 Avocado
1 Lime
½ Pound Green Cabbage

Knick Knacks

3 Tablespoons Pepitas
¼ Cup Mexican Crema
1 Tablespoon Mexican Spice Blend

(Garlic Powder, Ancho Chile Powder, Smoked Paprika, Ground Cumin & Dried Mexican Oregano)

Makes: 4 servings | **Calories:** about 800 per serving

Prep Time: 15 minutes | **Cook Time:** 20–30 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp264

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut out and discard the cabbage core; thinly slice the leaves. Quarter the lime. Small dice the pineapple. Pit, peel and medium dice the avocado. Pat the cod fillets dry with paper towels and cut into 10 equal-sized pieces; transfer to a bowl.

2



Make the slaw:

In a large bowl, combine the **cabbage**, **crema**, $\frac{3}{4}$ of the **spice blend** and the **juice of 2 lime wedges**. Drizzle with olive oil and toss to mix; season with salt and pepper to taste. Set aside to marinate, stirring occasionally, for at least 10 minutes.

3



Start the salsa:

While the slaw marinates, in a medium bowl, combine the **pineapple**, **avocado** and the **juice of the remaining lime wedges**. Drizzle with olive oil and toss to coat; season with salt and pepper to taste.

4



Toast the pepitas & finish the salsa:

While the slaw continues to marinate, in a large pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the **pepitas** and **remaining spice blend**; season with salt and pepper. Toast, stirring frequently, 3 to 4 minutes, or until the pepitas are golden brown. (Be careful, as the pepitas may pop as they toast.) Transfer the toasted pepitas to the bowl of **salsa**; stir to combine. Wipe out the pan.

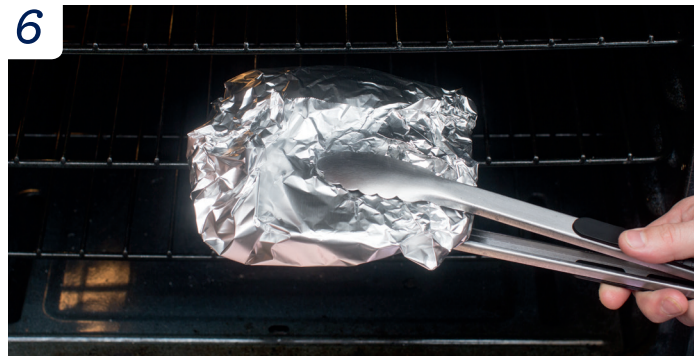
5



Coat & cook the cod:

To make the batter, in a large bowl, whisk together the **flour** and **1 cup of water** until smooth; season with salt. Season the pieces of **cod** with salt and pepper; toss to coat. In the pan used to toast the pepitas, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a drop of batter sizzles immediately when added to the pan, working in batches, dip the seasoned cod in the batter (letting any excess drip off). Carefully add the coated cod to the pan in a single, even layer. Cook 3 to 5 minutes on the first side, or until golden brown and crispy. Flip; cook 2 to 3 minutes, or until cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper. Set aside in a warm place.

6



Finish & serve your dish:

While the cod cooks, stack the **tortillas** on a large piece of aluminum foil. Tightly wrap the foil around the tortillas and carefully place directly onto the oven rack. Warm 6 to 8 minutes, or until heated through. Carefully remove the warmed tortillas from the oven and unwrap; transfer to a serving dish. Divide the **slaw** and **cooked cod** between the tortillas; top with as much of the **finished salsa** as you'd like. Serve with any **remaining salsa** on the side. Enjoy!