

Catfish Tacos with Citrus Slaw

Ingredients:

catfish fillets (4 each 6 ounce size)
flour or corn tortillas, soft taco size (4)
lime wedges, fresh lemon or lime juice (1tbsp)
canola oil (1tbsp)
creole seasoning (1tbsp)
cumin (1tbsp)
garlic powder (1tbsp)
onion powder (1tbsp)
cilantro leaves (optional)

Citrus slaw:

seasoned rice vinegar (2tbsp)
canola oil (2tbsp)
vertically sliced red onion (1/2c)
thinly sliced red bell pepper (1c)
diced orange sections (1c)
prepared cole slaw mix (2c)



Method of preparation:

1. Take a small bowl, mix dry seasonings, oil and lime juice in it. Now brush it over both sides of fillets. Arrange the fillets on a baking sheet coated with cooking spray.
2. Now place into a 450 degree oven. Bake 6 to 8 minutes on each side until the fish flakes easily with fork.
3. Slice the fillets and then place the sliced catfish on tortilla and then top it with citrus slaw. Squeeze the lime over the slaw and then garnish it with cilantro.

For Citrus slaw: –

1. Mix all the ingredients in a bowl and toss them gently. Cover the bowl and keep it to chill.

Number of servings – 4

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