



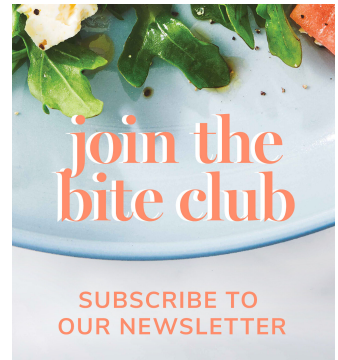
crunchy fish & creamy coleslaw wraps

Fish tacos are all the rage, but we've done one better...we've got a fish taco all wrapped up in a tortilla! Sole is breaded and baked, a quick and tangy cabbage slaw is whipped up and all are wrapped up in a tortilla along with juicy tomatoes and creamy avocado. Tacos have nothing on this scrumptious sole'n'slaw sandwich.

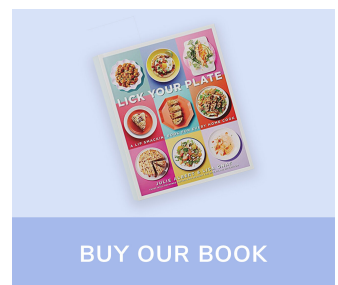
MAKES: 6 WRAPS



julie albert & lisa gnat



BUY OUR NEW COOKBOOK



BUY OUR BOOK

ingredients

Baked Fish Sticks

- 1 cup dry bread crumbs
- 1 cup panko (Japanese) breadcrumbs
- 2 tbsp olive oil
- 2 tsp grated lemon zest
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- ¼ cup flour
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 2 egg, lightly beaten
- 1½ lbs sole fillets, sliced into strips

Creamy Coleslaw

- ½ cup mayonnaise
- ½ cup sour cream
- 2 tbsp cider vinegar
- 1 tbsp honey
- 1 tbsp fresh lime juice
- ½ tsp Sriracha sauce
- ½ tsp kosher salt
- 4 cups shredded cabbage
- ¼ cup chopped Italian flat leaf parsley

- 6 (10-inch) flour tortilla wraps
- Tomatoes, sliced
- Avocado, sliced

directions

1. Preheat oven to 450°F. Place a baking rack coated with non-slick cooking spray on a baking sheet. Place the bread crumbs, panko, olive oil, lemon zest, thyme, oregano, salt and pepper in a food processor. Process 10 seconds, until finely ground. Transfer to a shallow bowl. Place flour, salt and pepper in a second shallow bowl. Place eggs in a third bowl. Coat each piece of fish in the flour, shaking off any excess. Dip into the eggs, followed by the breadcrumb-panko mixture, being sure to coat the fish well. Place the coated fish on the baking rack and bake 12-15 minutes. Remove from oven and let cool slightly before assembly.
2. For the coleslaw, in a large bowl, whisk together mayonnaise, sour cream, cider vinegar, honey, lime juice, Sriracha sauce and salt until well combined. Toss cabbage and parsley with dressing. This can be chilled for a few hours until assembly.
3. To assemble, place wraps on a flat surface. Spoon a small amount of coleslaw down the center of the tortilla. Top with one or two sticks of fish (depending how large they were cut), top with avocado, tomato and then an additional spoonful of coleslaw. Fold in the sides of the tortilla, then roll up "burrito-style". Repeat with remaining wraps.