Instructions

- 1. Preheat the oven to 375 degrees.
- 2. Line a baking sheet with aluminum foil, and place the raw fish on half of the foil. Squeeze the juice of one lime over the fish.
- 3. In a small bowl, mix together the salt, pepper, chili powder, cumin, oregano, and cayenne pepper. Coat the fish with the spice mixture, patting down the fish if needed. Cover the fish with the other half of the foil and pinch the edges together. Bake for 12-15 minutes until flaky, or longer if using frozen fish.
- 4. While the fish is cooking, prepare the mango slaw. Chop the red cabbage and mango into thin slices and place in a bowl. Chop ½ cup of cilantro and add it to the slaw. Mix in the juice of 1 lime, a pinch of salt, and 1 teaspoon of olive oil. Set aside.
- 5. Warm up the corn tortillas in the microwave or use a frying pan over medium heat.
- 6. Assemble by adding pieces of fish to the tortillas, place the slaw on top, and finish by adding any toppings you prefer. Enjoy!

Ingredients

- 3-4 fish fillets (tilapia or cod)
- 2 limes
- 1 tsp salt
- 1 tsp pepper
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp oregano
- Pinch of cayenne pepper

- 1 small red cabbage
- 1 mango
- 1 bunch cilantro
- 1 tsp olive oil
- 6-8 small corn tortillas
- Optional toppings: salsa, avocado, sour cream, shredded cheese, lime juice

Grocery List

Produce

- o Limes
- Red cabbage
- o Mango
- o Cilantro

Pantry Items

- o Olive oil
- o Corn tortillas

Meat

o Fresh or frozen white fish

Spices

- o Salt
- o Pepper
- o Chili powder
- o Cumin
- o Oregano
- o Cayenne pepper