



Monsoon Coast Fish Tacos

Use whatever white fish is fresh and in season. Serve with your favourite taco fixings. Many Monsoon Coast blends here. We love BBQ & Roast Rub, Monsoon Tandoori. Kick up the heat by using Adobo Seco, Jamaican Jerk Rub, Durban Curry or Goan Vindaloo instead.

Ingredients:

6 fresh corn tortillas

Mixture of peppers, cut into long slices

½ onion, cut in slices

Olive oil for frying

2 snapper fillets (about 200g)

¼ cup flour or corn starch

2 tsp Monsoon Tandoori or other Monsoon Coast spice as per intro.

Salt & pepper to taste

1 Lime, cut into wedges

Fresh Cilantro, chopped

Instructions:

1 - Preheat oven to 200°F. Wrap tortillas in foil and place in the oven to warm.

2 - Heat oil in skillet and quickly sauté onions and peppers, seasoning with salt and pepper to taste. Reserve, keeping warm.

3 - Mix together the flour, Monsoon Tandoori or other spice and a little salt. Rinse and dry the fillets. If they are large cut them in half.

4 - Dip fish into the flour to coat both sides. Heat oil in the skillet over medium heat. Cook the fish for 3-4 minutes per side depending on their thickness. Try not to overcook.

5 - To serve, arrange some fish on a warm tortilla, top with sautéed veggies and some fresh chopped cilantro and a squeeze of lime.

Spices Used: Monsoon Tandoori BBQ & Roast Rub Durban Curry Goan Vindaloo Adobo Seco Jamaican Jerk Rub