FISH TACOS WITH CILANTRO LIME RICE

**Dairy, Fish, Gluten-free (if using corn tortillas)** • **Serves 6**

Once you taste these tacos with baked fish, you will never go back to fried fish in a taco! As an accom­paniment, Mango Coleslaw on page 7 is a must—it is easy to make and does a great job of spicing up the tacos.

PREP TIME**:** 10 minutes • COOK TIME**:** Rice: 41 minutes; fish: 10 minutes • ADVANCE PREP**:** Fish and rice may be made 2 days in advance • EQUIPMENT**:** Measuring cups and spoons, garlic press, Microplane zester, small bowl, cutting board, knife, plate, plastic wrap, small saucepan, silicone spatula, jelly roll pan, large bowl, fork

**FISH**

4 teaspoons ground cumin

1 tablespoon paprika

2 teaspoons garlic powder

¼ teaspoon salt

¼ teaspoon black pepper, or more to taste

2 pounds (1kg) tilapia or other white fish fillets

2 tablespoons sunflower or safflower oil

**RICE**

2 teaspoons sunflower or safflower oil

3 cloves garlic, crushed

1½ cups (285g) brown rice

3½ cups (840ml) boiling water

Zest of 1 lime, about 2 teaspoons

1 cup (40g) loosely packed cilantro leaves, chopped

Pinch cayenne pepper

½ teaspoon salt, or more to taste

**GARNISH**

Whole-wheat or corn tortillas

Guacamole from 3 avocadoes

½ cup (50g) or more shredded Mexican cheese

• To make the fish, combine the cumin, paprika, garlic powder, salt, and pepper in a small bowl. Slice the fish into strips, about 1½ inches wide (4cm) and 3 to 4 inches (7.5 to 10cm) long; I usually cut the fillets on an angle. Rub the spice mix all over the fish and put it on a plate. Cover the plate with plastic wrap and let it sit at room termperature for 30 minutes while you start the rice.

• To make the rice, heat the 2 teaspoons of oil in a small saucepan over medium heat. Add the garlic and cook it for a minute or so, stirring often, or until the garlic starts to color. Add the rice and cook it, stirring often, for another minute. Add the water, turn the heat up to medium-high, and cook the rice, uncovered, for 10 minutes. Reduce the heat to low and cook covered for another 30 minutes, or until all the water is absorbed. Let the rice sit, covered.

• Preheat the oven to broil and place a rack just above the middle of the oven. Place 2 tablespoons of oil on a jelly roll pan or other roasting pan with sides, spread to coat, and place the fish strips on top, making sure there is space between them. Place the fish in the oven and broil it for 10 minutes. The fish may be made 2 days in advance.

• Transfer the rice to a large bowl and fluff it with a fork. Add the lime zest, cilantro, cayenne, and salt and mix well. The rice may be made 2 days in advance.

• To assemble a taco, fill a tortilla with several fish slices and rice, then top with Mango Coleslaw, guacamole, and cheese.

*From Paula Shoyer’s The Healthy Jewish Kitchen*