Baked Fish Tacos

Ingredients

- 1¼ cups whole wheat bread crumbs
- 1 tsp chili powder
- ¾ tsp smoked paprika
- ½ tsp salt
- 2 x 8 oz (~450g) tilapia filets
- 3 large eggs
- 1 cup all purpose flour
- 3 cups thinly sliced white cabbage
- 8 small soft, whole wheat tortillas (6 inch)
- ½ cup salsa
- 5 tbsp chipotle mayo
- 4 sprigs of cilantro to garnish (optional)*

* Nutrition facts include all optional ingredients

Making it

- Line a baking tray with parchment paper and set aside.
- Prepare bread crumbs: in a shallow bowl mix in chili powder, paprika and salt with the bread crumbs.
- Pat the tilapia dry and slice into sticks about 1x3 inches.
- Set up an assembly line to bread the fish – use shallow bowls for easy dipping:
  1) Fish  2) Flour  3) Beaten eggs  4) Breadcrumbs  5) Prepared baking sheet.
- Dip each piece of fish in the flour shaking off any excess, then the egg, shake off any excess, and coat it in the seasoned bread crumbs, pressing gently to help them adhere.
- Place each piece of breaded fish on the baking sheet about an inch apart. Place the breaded fish in the oven and bake for 10 minutes or until the fish is opaque throughout. Thicker pieces will take longer to cook, so break one piece to check the cook!
- Once you have taken out the fish and the oven is still hot, put the tortillas in **only to warm up**.
- Assemble fish in tortillas, add chipotle mayo, salsa, sliced cabbage, and cilantro (if using). 2 tacos per serving.

NUTRITION FACTS

**Per Serving**
- Calories (kcal): 436
- Fat (g): 16.8
- Carbohydrate (g): 36
- Fibre (g): 3.25
- Protein (g): 30

TIPS & HINTS

Try additional toppings like guacamole or sliced avocado, sliced radishes or pickled onions!
To make this recipe gluten free, don’t bread or flour coat the fish, instead lightly pan fry and use corn tortilla wraps.