

Los Muertos Fish Tacos with Garlic Lime Sauce

I have a lot of favorite recipes, and most of my friends are surprised to learn that I eat a cook and eat a lot of the same things if I'm not doing something work related. One of my favorite things to make is fish tacos, and this recipe is probably the best I've made. It's super easy and relies on cooking Los Muertos seasoned fish in your favorite salsa for amazing flavor.

First, the type of fish. I've used white fish, salmon, and shrimp here. All are pretty good, but my favorite is the salmon, and the reason is because a good thick piece of salmon can get nice and browned without overcooking. Both the white fish and shrimp tend to cook too fast to get a nice caramelized crust, and it's hard to get it right without it being too rubbery. Some thick Mahi Mahi filets or a thick piece of cod would work nicely too.

It's a pretty easy process — you'll season the fish with some Los Muertos Barbecue seasoning, then sear it in Ava Jane's Kitchen Avocado Oil. Get it nice and browned on both sides, remove it from the pan, and add some salsa to the pan. Word of warning — your pan will smoke when you do this because of the water in the salsa, so I always turn the heat off before adding the salsa. Once it calms down, you can turn it back on and add the fish. Then you'll add the fish back and break it up with your spatula to finish cooking.

From there, add it to some heated tortillas and add your favorite toppings. My go to is finely shredded cabbage, hot sauce, and a quick and easy sour cream sauce. Perfect with a homemade margarita or an ice-cold beer.

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Serves 2

Prep time: 20 minutes

Ingredients:

10 ounces fish or shrimp, such as cod, tilapia, or salmon

2 teaspoons Los Muertos Barbecue seasoning

1 tablespoon Ava Jane's Kitchen Avocado Oil

1/2 cup your favorite tomato salsa

1/4 cup sour cream

Juice of 1 lime

1 clove garlic, grated

6 corn tortillas, warmed

To serve: shredded cabbage and hot sauce

Directions:

Season the fish with the Los Muertos Barbecue seasoning.

Heat a stainless steel skillet over medium high heat for about a minute and add the oil. When it shimmers, add the fish. Cook until the fish lifts easily from the pan, and flip. Continue cooking until the fish is golden brown on both sides and remove from pan.

Turn off the heat and add the salsa. Use a spatula to scrape any browned pieces and when it stops smoking, turn the heat back to medium and add the fish back to the pan. Break the fish up with a spatula, and stir and cook until fish is cooked through.

Heat up your corn tortillas in skillet.

Before serving, whisk the sour cream, lime juice, and grated garlic until smooth.

Spoon the fish into your warmed tortillas, top with cabbage, hot sauce and lime sauce.