

Alaska Cod Jerk Tacos with Maple Mango Slaw



Preparation Time: 20 minutes

Cook Time: 15 minutes

Servings: 4 (2 tacos each)

Ingredients:

Maple Mango Slaw:

2 Tablespoons mayonnaise
1 Tablespoon orange juice
1 Tablespoon maple syrup
1/2 teaspoon salt
1/8 teaspoon pepper
1-3/4 cup jicama, julienned
1 cup red cabbage, shredded
1/2 cup green onion, thinly sliced
1 mango, peeled and diced

1-1/2 pounds Alaska Cod fillets
1/2 teaspoon salt
2 Tablespoons plus 1 teaspoon jerk seasoning blend
Nonstick cooking spray
8 yellow corn tortillas
1 lime, sliced into wedges

Description:

To make the slaw: Whisk mayonnaise, orange juice, maple syrup, salt, and pepper until well combined in a medium mixing bowl. Add jicama, cabbage, green onion and mango; stir to coat. Cover and refrigerate to allow flavors to blend.

Slice Alaska Cod fillets into 1-inch thick finger-like pieces; sprinkle evenly with salt and jerk seasoning. Heat a large nonstick skillet over medium-high heat and coat with cooking spray. Place half of the fish pieces in the pan and cook for 3 to 5 minutes, until browned. Turn the pieces over and continue to cook about 3 minutes. Cook just until fish is opaque throughout. Remove cooked pieces from the pan and wrap in foil to keep warm. Cook second batch and place in foil to keep warm.

Wrap tortillas in a damp paper towel and microwave 30-seconds or until warmed through and pliable.

To assemble tacos: Divide Maple Mango Slaw evenly among warmed tortillas. Top with fish pieces and serve with lime wedges.

People's Choice Winner, 1st Ever Wild Alaska Fish Taco Recipe Contest

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