

# Flavorful & Gluten-Free Fish Tacos



PREP TIME:  
30 MINUTES

COOK TIME:  
12-15 MINUTES

TOTAL TIME:  
45 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 6-10 Servings

## Ingredients:

- 1 3/4 lb. Fresh or Frozen (thawed) Wild Caught Cod – *Cut into bite-sized strips*
- ½ Cup Brown Rice Flour
- 1 Cup Gluten Free Breadcrumbs
- 3-4 TBSP Olive Oil (to coat entire base of frying pan)
- 3 TBSP Cumin
- 1 TSP Paprika
- 1 TSP Chili Powder
- ½ TSP Himalayan Sea Salt
- ½ TSP Garlic Powder
- ½ TSP Onion Powder
- ¼ TSP Cayenne (*more if want spicier*)
- 3 Eggs
- Organic Mini Corn Tortilla's

## Instructions:

1. Set out 2 large plates & one shallow bowl.
2. **Plate 1:** Brown Rice Flour + ¼ TSP salt **Plate 2:** Breadcrumbs, Cumin, Paprika, Chili Powder, Salt, Garlic Powder, Onion Powder, Cayenne (*mix to combine*) **Bowl:** 3 eggs mixed with 2 TBSP water
3. **Pour olive oil (enough to coat entire bottom of pan) into large frying pan and heat to medium – until get a sizzle.**
4. Roll and coat each fish strip first in the rice flour, then in the egg and lastly in the breadcrumb mixture. Place all on a plate so ready to cook all at once.

5. Once pan gets hot, add fish – don't overcrowd the pan. (***May need to do 2 rounds. If so, clean pan and start with fresh clean oil on 2<sup>nd</sup> round***)
6. Cook about 5 minutes and then flip each cod strip (watch bottom so does not burn).
7. Cook another 4-5 minutes and then put on paper towel to absorb oil. Set aside.
8. Serve on corn tortilla.
9. **Topping Suggestions:** Spinach or Spring Mix Lettuce/Sliced Avocado/Black Beans/Red Cabbage & Onion Slaw/Sriracha Sauce

\*See website for these other recipes: **Red Cabbage & Onion Slaw / Fast & Healthy Sriracha Sauce**

**\*Try and use all organic ingredients if possible.**

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