

# Cleanse Friendly Fish Tacos



PREP TIME:  
**30 MINUTES**

COOK TIME:  
**12-15 MINUTES**

TOTAL TIME:  
**45 MINUTES**

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 6-8 Servings

***For Cleanse Friendly Version: Omit Tomatoes/Salsa***

## Ingredients:

- 36 Ounces Fresh or Frozen (thawed) Wild Caught Cod – ***Cut into bite-sized strips***
- ¼ Cup Cassava Flour
- 3-4 TBSP Olive Oil (*to lightly coat entire base of frying pan*)
- 4 TBSP Cumin
- 2 Tablespoons Old Bay
- 1 Teaspoon Paprika
- 1 Teaspoon Chili Powder
- 1 Teaspoon Himalayan Sea Salt
- 1 Tablespoon Garlic Powder
- 1 Tablespoon Onion Powder
- ½ - 1 Teaspoon Cayenne (*more if want spicier*)
- Organic Coconut Wrap (*Nuco Brand Shown*) or Lettuce Wrap

## Instructions:

1. Set out 1 large plate.
2. **Mix together:** Cassava Flour Cumin, Old Bay, Paprika, Chili Powder, Salt, Garlic Powder, Onion Powder, Cayenne (*mix to combine*)
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 cassava flour 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 2-3 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 a lettuce wrap or coconut wrap (such as Nuco brand shown in photo).
9. **Topping Suggestions:** Spinach or Spring Mix Lettuce/Fresh Salsa/Sliced Avocado/Black Beans/Red Cabbage & Onion Slaw

\*See website for these other recipes: **Red Cabbage & Onion Slaw / Fresh Salsa**

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