



Crispy Seared Salmon Tacos

Makes: 4 servings

Prep Time: 15 minutes Cook Time: 15 minutes

Total Time: 30 minutes

Ingredients

- 4 (4-6 ounce) salmon or white fish filets, cut into bite-size chunks
- 1/4 cup extra virgin olive oil
- 1 tbsp honey
- 2 tsp tajin or chili powder
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- kosher salt
- 12 hard shell tacos (see Chef's Note)
- shredded lettuce/cabbage, for serving

Jalapeño Cream:

- 6 ounces cream cheese at room temperature
- 1-2 tbsp chopped pickled jalapeños
- 1/4 tsp garlic powder
- sea salt

Mango Salsa:

- 1 & 1/2 cups diced mango
- 1 avocado, cubed
- 1-2 jalapeños seeded, if desired and chopped
- 1/2 cup cilantro roughly, chopped
- 1 tbsp lime zest, plus 1/4 cup lime juice
- 1/3 cup salsa verde

Instructions

Preheat the oven to 450° F.

On a baking sheet, toss the fish pieces with olive oil, honey, Tajin, paprika, garlic powder, onion powder, and a pinch of salt. Arrange in a single layer. Roast 10-15 minutes or until the fish is cooked to your liking. During the last minute, switch the oven to broil and broil until lightly charred. Set the fish aside.

To make the jalapeño cream. Combine all ingredients in a bowl. Season with salt.

To make the salsa. Combine all ingredients in a bowl.

Spread the cream cheese on the bottom of your shells. Layer in the lettuce, fish, and salsa.

Chef's Note:

For hard taco shells, buy Siete shells if you can find them or make your own. They are so easy and healthy in that they aren't fried! Just warm corn tortillas in the microwave, then place them on top of a sheet pan and rub them with olive oil. Sprinkle with a little Tajin, if desired. Then use some tin foil to make a "mold" for the shell to sit on. Simply mold the foil into a cylinder shape and drape the tortillas over the foil. Use my photos for reference. Then bake until crispy. I usually bake them at 425° for 12-15 minutes.

Recipe by Half Baked Harvest