

Healthy Blackened Catfish Tacos

Estimated Time: 10 minutes

Servings: 4

Ingredients

4 catfish fillets

Cooking spray

1 cup Blackening seasoning

1 ½ tablespoon cooking oil or butter

1 heavy pinch sea salt

How to make blackened catfish:

1. Preheat dry cast iron skillet or grill pan
2. Add 1 tablespoon cooking oil to skillet
3. Place paper towel over fish and remove excess water. Pat until dry.
4. Brush remaining cooking oil over fish
5. Cover each side liberally with blackened seasoning. (Make sure the entire fish is covered)
6. Lay fish on one side in skillet 2 minutes
7. Carefully flip to opposite side 2-3 minutes to finish
8. Remove fish from pan and season to taste with sea salt.
9. Plate with fresh squeezed lemon or lime.
10. Slice and serve in tacos.

Suggested taco ingredients:

½ medium red onion chopped

2/3 cup chopped cilantro

1 avocado sliced

1 lime or lemon, zested and juiced

1 cup toasted corn

Chopped queso fresco or cojita cheese

½ cup Mexican crema or vegan sour cream

Toasted Corn Recipe:

1 cup fresh or frozen corn kernels

Pinch Sea salt

Pinch pepper

1. Sauté corn kernels in a preheated large cast-iron skillet on medium high for 3 to 5 minutes, stirring constantly, until kernels are lightly toasted.

2. Season with coarse sea salt and freshly ground pepper to taste. Serve immediately.
(Can be made up to 1 day ahead, covered, and refrigerated.)

How to make the vegan sour cream:

1. Place cashews in a bowl or jar (I like using a wide-mouth quart mason jar) and cover with water. Let soak overnight (at least 8 hours).
2. Once soaking is finished, drain and rinse the cashews and place in the basin of a high-powered blender. Add in 1/2 cup of water, the lemon juice and zest, the apple cider vinegar, the maple syrup, and the salt. Blend these ingredients for about 3 minutes on high until very smooth.
3. Refrigerate for about an hour. The cream will thicken as it cools. Store in covered container in the fridge for up to 10 days.