

Blackened Fish Tacos

Serves 4 (2 tacos each)

1 lb (500g)	haddock fillets, or other white fish
½ Tbsp	extra virgin olive oil
8 (6 inch)	corn tortillas
1	avocado, sliced
1	large tomatoe, diced

Spice Mix:

4 tsp	paprika
1 tsp	each garlic powder and onion powder
1 tsp	ground black pepper
1 tsp	dried oregano and thyme
½ tsp	cayenne (optional)

1. Prepare spice mix and set aside.
2. Rinse fish, drain on paper towels and cut into 8 portions.
3. Spread spice mix on a piece of waxed or parchment paper and roll fish pieces to coat.
4. Heat a non-stick pan and add olive oil. Saute fish over medium-high heat until the surface is darkened and fish flakes with a fork. **Or** grill on tinfoil, on the BBQ.
5. Heat tortillas in oven until warm, wrapped in tinfoil.
6. To assemble tacos, layer some **Tangy Rainbow Slaw (see recipes under “Salads”)**, avocado and a piece of fish on each tortilla. Spoon a drizzle of **Chipotle Yogurt Sauce (see recipe under “Sauces”)** and top with diced tomato.
7. Fold over and serve with extra rainbow slaw on the side.