

Fish Tacos

Prep Time 15 mins **Cook Time** 20 min **Total Time** 35 mins

Stage: Stage 4 and Beyond (see notes below)

Servings: 4

Calories: 163

Ingredients

- 1 tbsp Coconut Oil
- 1 Onion, medium, diced
- 4 Garlic Cloves, minced
- 20 oz Fresh Cod or Halibut
- 1-2 count Jalapeno Peppers, veins and seeds removed, finely chopped
- 2 cup Cherry or Grape Tomatoes, diced
- 1 cup Cilantro, chopped
- 3 tbsp Lime Juice
- Pink Mineral Salt to taste
- Black Pepper to taste
- 1 count Avocado



Instructions

1. Put a large skillet over medium heat
2. Combine coconut oil, garlic and onions
3. Cook for about 5 minutes
4. Add fish fillets and allow to cook for 3-4 minutes on each side
5. As fish begins to cook through, use a fork to break apart into flaky pieces
6. Add jalapeno, tomato, cilantro and lime juice to the skillet
7. Season with pink salt and black pepper
8. Cook for 5 minutes, remove from heat
9. Serve with avocado slices

Notes:

If you are in stage 2 of the BNB program use vegetable broth instead of coconut oil and remove avocado to make this