



Servings 4

Prep Time 15 min

Cooking Time 15 min

Blackened Perch Tacos with Avocado Sauce



Directions

Step 1

In a food processor, combine avocado sauce ingredients and pulse until smooth. Season to taste. Add more sour cream as needed. Scrape sauce into a sandwich-size zip-top bag. Refrigerate until ready to use.

Step 2

Generously season perch with blackened seasoning. Not all blackened seasonings are created equal – taste it first to gauge saltiness.

Step 3

In a medium-size pan, melt butter until slightly turning hazelnut. Add perch and cook until deeply golden on both sides.

Step 4

Warm tortillas. Assemble tacos with cooked fish, cabbage, red onion and tomato. Snip the corner of the zip-top bag with avocado sauce and use it to drizzle over the tacos. Garnish with queso fresco cheese. Serve immediately with hot sauce on the side.

Ingredients

8 perch fillets, skinless

Blackened seasoning, to taste

4 tbs. butter

8 corn tortillas

Shredded cabbage

Diced tomato

Diced red onion

Queso fresco cheese, crumbled

Hot sauce

Avocado Sauce

1 medium avocado

¼ cup cilantro

3 tbs. sour cream

Juice of half a lime

1 clove of garlic

3 green onions, coarsely chopped

¼ tsp. kosher salt

