

# Bal?k Taco

Authentic Mexican fish tacos with seasoned cod, crispy cabbage, and creamy taco sauce. Ready in 40 minutes with fresh ingredients and bold flavors.

20 min

HAZIRLIK

20 min

PI?IRME

40 min

TOPLAM

8

PORSIYON

Easy

ZORLUK

Bal?k Taco

## Malzemeler

- 8 corn tortilla
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp sea salt
- 1 tsp black pepper
- 1 cabbage
- 1 tomato
- 1 jalapeno pepper
- 1 cup cilantro (coriander)
- 1 cup sour cream
- 1 cup mayonnaise
- 2 tbsp lime juice
- 1 tsp chili flakes
- 1 tsp salt

## Yap?l???

### 1 Prepare the spice mixture

Combine 1 teaspoon cumin powder, 1 teaspoon garlic powder, 1 teaspoon smoked paprika, 1 teaspoon black pepper, and 1 teaspoon salt in a small bowl. Mix thoroughly until evenly combined.

### 2 Prepare the fish

Preheat oven to 175°C (347°F). Pat the cod fillets completely dry with paper towels and place on a parchment-lined baking sheet.

3 Drizzle 1 tablespoon olive oil over the fish fillets and rub it evenly over all surfaces with your hands.

4 Sprinkle the spice mixture generously over both sides of the fillets and gently press it into the flesh to help it adhere.

### 5 Cook the fish

Bake for 15-20 minutes until the fish flakes easily with a fork and is golden brown on top. Internal temperature should reach 63°C

(145°F).

- 6 Remove from oven and let cool for 5 minutes, then use a fork to flake the fish into bite-sized pieces.
- 7 **Make the taco sauce**  
Whisk together 1 cup sour cream, 1 cup mayonnaise, 2 tablespoons lime juice, 1 teaspoon red pepper flakes, and 1 teaspoon salt in a medium bowl until smooth.
- 8 **Warm the tortillas**  
Heat the 8 tortillas in a dry skillet over medium heat for 30 seconds per side until warm and pliable, or wrap in damp paper towels and microwave for 30 seconds.
- 9 **Assemble the tacos**  
Place a portion of the flaked fish down the center of each warm tortilla.
- 10 Top each taco with 1 cup shredded cabbage, some corn kernels, diced onion, sliced avocado, diced tomatoes, sliced jalapeños, and fresh cilantro as desired.
- 11 Drizzle generously with the prepared taco sauce and serve immediately with lime wedges on the side.

## puçlar?

Bal?k filetolar?n? pi?irmeden önce ka??t havlu ile kurulayarak nem oran?n? azalt?n, böylece baharatlar daha iyi yap???r.

Tortillalar? doldurmadan önce mutlaka ?s?t?n. Bu, hem lezzeti art?r?r hem de tortillan?n daha esnek olmas?n? sa?lar.

Bal??? a??r? pi?irmemeye dikkat edin. ?ç k?sm? mat beyaz oldu?unda pi?mi? demektir.

Tacolar?n?z? a??r? doldurmaktan kaç?n?n. Her malzemedenden dengeli miktarda kullan?n.

Limon suyunu servis an?nda s?k?n, böylece en taze aromas?n? al?rs?n?z.

Daha ç?t?r bal?k için, filetolar? hafif una bulay?p pi?irebilirsiniz.

Soslar? önceden haz?rlay?p buzdolab?nda bekletin, lezzetlerin kar??mas? için zaman verin.

Küçük boy tortilla kullanmay? tercih edin, daha kolay yenilebilir tacolar elde edersiniz.