

Recipe posted on gingerfriesen.com, April 2018

Fish Taco Bowls

Ingredients:

- 1½ cups uncooked short grain brown rice
- 3 cups water
- *Sea Salt and Roasted Garlic Mahi* or *Himalayan Pink Salt Cod* (from Costco) – see notes
- 4 Roma tomatoes, chopped
- 1/4 head purple cabbage, chopped
- 3 or 4 avocados, peeled, cored, and mashed with a fork
- lime, for squeezing over top
- Cilantro-Lime Dressing (optional) – see notes

Instructions:

1. Add water and rice to a medium saucepan. Bring to a boil, cover, reduce heat to simmer, and cook 40 minutes or until water is absorbed.
2. While rice cooks, bake fish in oven according to instructions on box.
3. Also chop tomatoes and cabbage, mash avocados, and cut lime.
4. When rice and fish are done cooking, prepare fish taco bowls.

Notes:

*You can substitute any pre-seasoned frozen fish (or season your own), but the mahi and cod from Costco are both really good. You can thaw the fish overnight in the fridge or put the frozen packets in a container of cold water to thaw for at least an hour before you plan to cook them. For our family of 6, I cook 5 packets of fish and the girls and Cash usually share a couple pieces.

*This recipe was originally inspired by a recipe for “Fish Taco Rice Bowls” I found on JoyfulHealthyEats.com. The lady there includes a recipe for a Cilantro-Lime Dressing to use as a drizzle for the taco bowls. The first time I made the bowls, I doubled the recipe for the dressing, and then froze the remainder in ice cube trays. Now I just pop out a cube or two and let the dressing thaw on the counter for an hour or so before dinner. TJ is the only one of our family who likes the dressing on his bowl so the original dressing I made has gone a long way. If you want to try the dressing, the recipe is below (this is NOT the doubled version):

To a food processor, add 1 Tablespoon chopped red onion, 1 garlic clove, 1 cup fresh cilantro, 1/4 cup canola oil (I used olive oil), 2 Tablespoons lime juice, 2 Tablespoons red wine vinegar, 1 Tablespoon honey, 2 teaspoons dijon mustard, 1/4 teaspoon salt, and a pinch of ground cumin. Blend until smooth.