



# Haddock Tacos



Servings

4 persons



Cooking time

15 Minutes



Calories

163

## Ingredients:

- 400 g Frozen Wild Haddock filet Canada

- 1 tbsp olive oil

### Rub

- 1 tbsp chili powder
- 1 tsp paprika
- 1 tsp oregano
- ½ tsp cumin
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp pepper
- ½ tsp salt

### Tacos:

- 8 corn or flour tortillas
- 1 avocado, sliced
- 1 lime wedge



Product item number: 46114





## Cooking Steps:

- 1 Preheat the oven to 400°F (200°C).
- 2 Prepare the Rub: Add the paprika, garlic powder, onion powder, cumin, smoked paprika, dried oregano, salt, and black pepper into the bowl and mix well.
- 3 Pat the haddock fillets dry with paper towels to remove excess moisture.
- 4 Rub the spice mixture evenly over both sides of each haddock fillet.
- 5 Line a baking pan with parchment paper for easy cleanup.
- 6 Place the seasoned haddock fillets on the prepared pan.
- 7 Drizzle a small amount of olive oil over the top of each fillet.
- 8 Bake the fillets in the preheated oven for 12 to 15 minutes.
- 9 Prepare the Tortillas: While the fish is baking, heat the tortillas on a dry skillet over medium heat for 30 seconds on each side.
- 10 Once the haddock is cooked, remove it from the oven and let it cool slightly.
- 11 Break the haddock fillets into chunks using a fork.
- 12 Distribute the haddock chunks among the warmed tortillas.
- 13 Top each taco with shredded cabbage, diced tomatoes, avocado slices, cilantro, a squeeze of lime juice, sour cream, or salsa.
- 14 Serve and enjoy!