



## Fish Tacos

with Avocado Orange Salsa and Creamy Slaw

We can always count on bright and colorful fish tacos to kick our mid-winter blues. Here, sole is roasted in our Mexican-inspired spice blend of chili, cumin, and oregano. The star of the fruity salsa? Seasonal Cara Cara orange, a type of navel orange that's perfectly sweet, easy to peel, and super juicy, so infusing avocado and jalapeño with that bright citrus flavor is a cinch.

20-30 minutes

2 servings

710 calories per serving



# Plated.

## Ingredients

- 12 ounces sole
- 1 spice mix
  - ¼ teaspoon chili powder
  - ½ teaspoon ground cumin
  - ¼ teaspoon dried oregano
- 2 scallions, divided
- 1 avocado
- 1 Cara Cara orange, divided
- 6 corn tortillas
- 1½ ounces mayonnaise
- ½ tablespoon apple cider vinegar
- 2 ounces arugula
- 1 slaw mix
  - 1 cup shredded red cabbage
  - 1 cup shredded carrots
- 1 jalapeño

## You'll Need

- 2 tablespoons olive oil
- kosher salt
- black pepper
- aluminum foil
- baking sheet

## Recipe Tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Your sole is finished cooking when it flakes easily with a fork or a thin knife inserted into the fish meets no resistance. USDA recommends cooking fish to 145°F.

Jalapeño is pretty spicy, so how much is too much? If you... LOVE spicy salsa: chop it all! like a little heat: chop 2 teaspoons. don't want spice: simply omit it.

Great food starts with great ingredients. We're proud to send you fish sourced sustainably from trusted fisheries.



### 1. Marinate Sole

Preheat oven to 425°F. Pat **sole** dry with paper towel and place on a foil-lined baking sheet. Season all over with **spice mix** and **½ teaspoon salt**. Drizzle **½ tablespoon olive oil** over each fillet, then rub seasoning into fish. Set aside to marinate at room temperature for about 10 minutes.



### 4. Make Creamy Slaw

While tortillas warm, add **mayonnaise** and **apple cider vinegar** to bowl with orange juice and whisk to combine. Season with **¼ teaspoon salt**. Add **arugula, slaw mix**, and **half of scallions**. Toss to coat, then set aside until ready to serve.



### 2. Prepare Ingredients

While sole marinates, rinse all produce. Peel **orange**, discard skin, and halve. Over a large bowl, squeeze **1 half of orange** to yield about **1 tablespoon juice**, then roughly chop **orange**. Trim and discard **scallion** roots and thinly slice. Halve **avocado** and discard pit. Using a spoon, carefully scoop out flesh, discarding skin. Cut into ½-inch dice and place in a medium bowl (big enough for the salsa).



### 5. Make Avocado Orange Salsa

Halve **jalapeño** lengthwise and, using a knife tip, discard seeds and finely chop as much as desired (see Recipe Tip). Add to bowl with avocado. Stir in **chopped orange, remaining scallions**, and **1 tablespoon olive oil** to combine. Season with **½ teaspoon salt** and **pepper** as desired, then set aside.



### 3. Roast Sole and Warm Tortillas

Transfer baking sheet with **sole** to oven and roast until fish is cooked through and opaque, about 8 minutes (see Recipe Tip). Meanwhile, stack **tortillas** and wrap in foil. Place in oven to warm until ready to serve.



### 6. Plate Fish Tacos

Using a fork, flake **sole** into large pieces. Divide **tortillas** between plates and fill with **sole**. Top with a spoonful of **avocado orange salsa**, and serve any remainder alongside with **creamy slaw**. Dig in!

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