



Fish / Shrimp Tacos

Maintenance/Treatment to be mixed into your tacos: seafood
(fish, shellfish)

Ingredients for the seafood:

- 1 ½ teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- 1 ½ tablespoon avocado oil (or another high-heat oil)

Ingredients for the cilantro slaw:

- 2 cups shredded green cabbage or coleslaw mix
- 2 cups shredded purple cabbage
- ¼ cup cilantro
- Juice of 1 lime (1-2 tablespoons)
- ½ tablespoon honey
- ¼ teaspoon salt
- ¼ teaspoon pepper

Ingredients to serve:

- Corn tortillas
- Sliced avocado
- Fresh cilantro
- A creamy drizzling sauce

Instructions:

1. In a medium/large bowl, combine green and white cabbage, cilantro, 1 tablespoon lime juice, honey, salt, and pepper. Taste and add additional lime juice/honey as desired. Stir to combine well and set aside until ready to serve. Salt and lime juice help soften and break down the cabbage.
2. In a small bowl, combine chili powder, cumin, garlic powder, onion powder, smoked paprika, and salt. Place fish/shrimp in a shallow container. Pat dry with a paper towel or a clean kitchen towel. Rub your fish/shrimp with your seasoning blend, coating generously.
3. Heat avocado oil in a medium skillet over medium heat. Working in batches to not overcrowd the pan, cook filets 3-4 minutes per side or until fish/shrimp is cooked through. Repeat with the remaining fish.
4. Assemble tacos: spoon slaw and maintenance/treatment fish or shrimp amount into corn tortillas. Add your favorite extras (avocado slices, additional cilantro). Drizzle with a creamy sauce of your choice or guacamole.





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Storage:

- Store cooked fish/shellfish in the refrigerator for up to 1 week.
- Store cooked fish/shellfish in the freezer for up to 2 months.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Seafood