



EASY FISH TACOS

PREP TIME: 5 MINUTES **COOK TIME:** 25 MINUTES **TOTAL TIME:** 30 MINUTES
MAKES ~10 SOFT TACOS

Topping options:

- Guacamole or avocado chunks
- Hummus
- Tzatziki
- Favourite dip
- Kale slaw with vinaigrette
- Diced tomato
- Diced cucumber
- Chopped peppers
- Cheese of choice
- Cilantro, chives or herb of choice
- Freshly squeezed lime

Ingredients

- 3 pieces of wild cod
- 3 tbsp olive oil
- 1 tsp thyme
- 1 tsp garlic powder
- 1 tsp marjoram or 1 drop of dōTERRA marjoram
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- Soft tacos of choice
- Taco toppings, as you like

Easy Lime Vinaigrette

- 1 tbsp of olive oil
- 1/2 tsp of balsamic vinegar
- 1/2 tsp honey (omit for infants)
- 1/2 freshly squeezed lime
- 1/4 tsp garlic powder
- 1/4 tsp salt





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Directions

1. Preheat oven to 350°F
2. Line pan with aluminum foil & grease lightly with olive oil
3. Rinse fish & place on greased pan
4. In a little bowl, add olive oil & spices of choice. Mix & then brush over the fish
5. Place fish in oven for 20-25 minutes depending on thickness. Internal temperature should be 145°F, or until the fish is opaque & flakes easily with a fork
6. Wash & dice veggies/toppings of choice
7. If making the vinaigrette, toss toppings before adding to the taco
8. Top with favourite toppings & enjoy with your favourite side or salad
9. Refrigerate any leftovers for a meal tomorrow
10. Enjoy!

Infant Tip

Share this meal with your child as deconstructed tacos, just bake without the salt & add some to your plate after. Cut some avocado, cucumber, tomato & fish in pieces safe your child's age :)

