

ALASKA COD TACOS

Yield: Makes 4 servings

INGREDIENTS

2 Wild Alaska True Cod portions, fresh, thawed or frozen
2 tbsp. olive, canola, peanut or grape seed oil
½ tsp. lemon pepper seasoning
1 tbsp. fresh lime juice
4 thin corn tortillas (6-8 inch)

SALSA:

1 medium orange, peeled and segmented
½ large avocado, peeled and pitted
1 tbsp. fresh lime juice
¼ cup sliced green onions
¼ cup chopped cilantro or 1 tbsp. dried cilantro
crushed red pepper flakes, if desired
salt, if desired

PREPARATION

SALSA:

Cut orange and avocado into ½ inch chunks. Combine with lime juice, green onions and cilantro in bowl. Add red pepper flakes and salt to taste; set aside.

COD:

Rinse any ice glaze from frozen Wild Alaska True Cod portions under cold water; pat dry with a paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of portions with oil. Place portions in heated skillet and cook, uncovered about 3 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn portion over; cover pan tightly and reduce heat to medium. Cook an additional 2 to 5 minutes, just until fish is opaque throughout. Season portions with lemon pepper, sprinkle with lime juice and break into small chunks. Spoon chunks and approximately 2/3-cup salsa onto a double layer of tortillas. Fold over to serve.

