

Paleo Fish Taco Bowls

4 SERVINGS 20 MINUTES



INGREDIENTS

1 Cod Fillet
2 tsps Chili Powder
1 tbsp Fresh Lime Juice
1 tbsp Coconut Oil
1/2 tsp Cumin
1/2 tsp Onion Powder
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
Black Pepper (to taste)
1 cup Cashews (raw, soaked - see notes)
1 tbsp Nutritional Yeast
2 1/2 tsps Fresh Lime Juice (divided)
1/4 cup Bone Broth
1/4 cup Water
2 tsps Coconut Oil (divided)
2 1/2 tsps Garlic Powder (divided)
1 tbsp Chili Powder (divided)
1 1/2 tsps Onion Powder (divided)
4 cups Cauliflower Rice (cooked)
6 cups Mixed Greens
2 Avocado (sliced)
2 cups Cherry Tomatoes (for topping)
1 Lime (wedges, for topping)
1/4 cup Green Onions (for topping)
2 Jalapeno Pepper (for topping - optional)
Black Pepper (to taste)

DIRECTIONS

- 01 *Make the sauce first, as the cashews need time to be prepared!*
- 02 Soak cashews in boiling water for 2 hours. Drain and rinse well with cold water. Let drain thoroughly.
- 03 Add cashews and the nutritional yeast, 1 1/2 tbsp lime juice, bone broth, water, 1 tbsp coconut oil, 1 1/2 tsp garlic powder, 1 tsp onion powder and 1 tsp chili powder to a high speed blender. Blend on high speed until it looks smooth and creamy. Depending on what type of blender you have, you may need to scrape down the sides a few times.
- 04 Rinse cod cold water and pat dry very well
- 05 Combine the 2 teaspoons chili powder 1 tablespoon lime juice 1 tablespoon avocado oil 1/2 teaspoon cumin 1/2 teaspoon onion powder 1/2 teaspoon garlic powder 1/2 teaspoon sea salt black pepper to taste Whisk to combine. Using a brush or your hands, cover the fillets evenly with the marinade.
- 06 Heat a large frying pan on medium heat for 1 minute. Add oil and cook both filets for about 3 minutes on the first side and 2 minutes after flipping them over. You will notice they are flaky when touched with a fork. Remove the pan from the heat and set aside.
- 07 Layer some leafy greens or lettuce leaves in a bowl with cooked cauliflower rice. Top off with fish filets and desired toppings. Serve right away.

