

tasty Recipe

Fish Taco Bowls

INGREDIENTS

Splash of oil (olive or canola)	1 can black beans
2 filets of white fish	1/3 cup Salsa Fresca
Salt + pepper	1 avocado (optional)
1 lime, cut into 4 wedges	Shredded Mexican cheese,
2/3 cup dry quinoa	sour cream, Cilantro (for garnish)

INSTRUCTIONS

- Turn a burner on medium heat. Place frying pan on the burner and add a splash of oil (to coat the bottom). Place your raw fish filet into the oiled pan. Sprinkle salt and pepper on one side. Add a squeeze of lime if you would like. Let cook 2-3 minutes.
- Cut your avocado – half per bowl – into slices or chunks as you prefer.
- Flip the filet, sprinkle salt and pepper on this side. It should need another 2-3 minutes to cook, depending on thickness. When it's done, it should be completely opaque/white on the inside, with no translucence. Squeeze a fresh wedge over your cooked piece of fish.
- Now that your fish & quinoa are done, you just have to layer everything into your bowls, half to each bowl. Start with the cooked quinoa, then add 1/2 can beans to each bowl, 2-3 scoops of salsa fresca (to taste), half the avocado that you already sliced up, and your cooked fish, then top with cilantro, a handful of cheese, and a scoop of sour cream if so desired.

TIP: If you pre-prepare quinoa for the week or have a pressure cooker for 1 minuet quinoa, you can save a little time. If not, start quinoa first. Follow the directions on package. While you're waiting for the quinoa to boil you can prepare your other ingredients

