

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Fresh Fish Tacos with Mango Slaw

1 lb halibut
small corn tortillas
1 avocado, sliced

MARINADE:

3 tbsp olive oil
2 cloves garlic
3 green onions
1/2 cup cilantro
1/2 jalapeño
juice of 2 limes
1 tsp soy sauce

1 tbsp brown sugar
1 tsp cumin
1/4 tsp nutmeg
1/8 tsp cayenne

MANGO SLAW:

1 mango, sliced finely
1/8 red cabbage,
sliced finely
1/2 jalapeño, diced
3 tbsp cilantro, minced
1 green onion, sliced finely

DRESSING:

3 tbsp greek yogurt
3 tbsp olive oil
3 tbsp water to thin
2 tbsp apple cider vinegar
juice of 1 lime
1/4 tsp cayenne pepper
1/4 tsp cumin
1/4 tsp kosher salt

DIRECTIONS:

1. Prepare slaw by slicing all ingredients with a knife or handheld mandoline. Whisk together dressing, and dress. Let sit for about 30 minutes.
2. In a food processor, blend marinade ingredients together. Marinate fish in a plastic bag for 10-45 minutes.
3. Grill fish on medium high heat on a grill, or cook on the stovetop in a grill pan or nonstick skillet. Place skin-side down for 4-5 minutes, and then flip once. Continue cooking for another 2-3 minutes or until fish is cooked. Cook for about 10 minutes per inch of thickness, or until interior temperature reaches 140*.
4. Warm corn tortillas in a skillet or in the microwave. Fill tacos with slaw, fish, slices of avocado, and a squeeze of fresh lime juice.