









Fish Tacos with Mango Salsa

These fresh and flavorful fish tacos are made with broiled tilapia and topped with a sweet and spicy fresh mango salsa.

 Course	Dinner
 Cuisine	Mexican
 Prep Time	15 minutes
 Cook Time	8 minutes
 Total Time	23 minutes
 Servings	4
 Calories	298 kcal
 Author	Liz DellaCroce



★★★★★
5 from 2 votes

Ingredients

- 1 pound catfish with cajun sprinkle from Kroger's Easy for You! Seafood section or any firm white fish seasoned with 1 tablespoon cajun seasoning and 1 teaspoon salt

Mango Salsa

- 1 ripe mango peeled and diced
- 1/2 cup cilantro minced
- 1/2 cup red onion minced
- 1/4 cup fresh lime juice 1-2 limes
- 1 minced jalapeno remove seeds and stem for mild salsa
- salt and pepper to taste
- 1 teaspoon canola oil
- 12 corn tortillas

Instructions

1. Pre-heat broiler on high. Line a broiler pan with foil and spray with cooking spray. Arrange prepared fish filets in a single layer and broil until fish is golden brown the flakes easily with a fork, about 6-8 minutes.
2. While the fish is broiling, prepare mango salsa by tossing together all ingredients in a medium bowl. Season with salt and pepper to taste.
3. Remove the fish from the broiler pan to a plate and flake into bite-sized pieces with a fork.
4. To prepare the corn tortillas, heat canola oil over medium-high heat in a large non-stick pan. Using tongs, quickly toss the tortillas in the warm oil about 30-60 seconds per side and move to a plate lined with a towel. Cover the tortillas to keep warm and continue until you heat all 12 tortillas.
5. Divide the fish between the tortillas and top with mango salsa to serve.

