

GRILLED FISH TACOS WITH KALE SLAW



Time
20 min



Servings
4

Calcium Recommended Daily Intake
24,9%

Calories

307

Calcium

339mg

Protein

39g

Vitamin D

0 IU

Ingredients

- 400g of cooked white fish fillets
- 2 cups of kale
- 2 cups of red cabbage
- 2 cups of grated carrot
- 1 cup of red onion
- 8 small wholegrain corn tortillas
- 2/3 cup of grated cheddar cheese
- Lime to serve
- Coriander and cumin to taste
- Salt and pepper to taste

Instructions

1. Grate carrots. Thinly slice red onion, cabbage and kale. Toss vegetables in a large bowl.
2. Gently season the fish fillets with cumin, salt and pepper as desired,
3. Bring a medium sized fry pan to medium/high heat.
4. Grease pan with olive oil and grill fish fillets for 3 -4 minutes each side until lightly browned. Once cooked, bring to a cooling rack.
5. In baking paper, microwave corn tortillas for 10 seconds to warm.
6. Serve fish fillets onto the tortillas, topping with the vegetable mix, grated cheese, coriander and lime.
7. Enjoy while warm.



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<https://www.osteoporosis.foundation/patients/recipes>