



BASA FISH TACO

FUN, FAST & FRESH!

Adding quality lean protein to your diet is essential for looking and feeling your best. But even though it's one of the most important components of a healthy diet, eating enough lean protein can be tough. And adding to the challenge, it isn't easy to keep things exciting in the kitchen without burning a hole in your wallet. But there is good news! Chicken, beef, and pork aren't the only options at the supermarket.

Basa is a white flesh fish that is low in saturated fat and cholesterol. It is an excellent source of lean protein and rich in omega 3 fatty acids which are important for cardiovascular health. What's even more surprising is that it beats the #1 protein source (chicken) in price per pound, making it a budget-friendly choice. Basa was a large component of my diet in my preparations for a few fitness competitions in 2014 where

I had to be in tip top shape. While it helped me eat clean and stay lean, you don't need to be training for a competition to benefit from this low fat, high quality protein source.

Basa meat is moist with a light, firm texture and a very mild flavour. This makes it a versatile species that can be used in a multitude of recipes and cooking styles.

Here is a simple, delicious recipe that you can make tonight for a quick, tasty, healthy dinner.

Serves 2; Ready in 20 minutes.

Fish Tacos with Corn & Zucchini Cabbage Slaw

Nutrients per serving:
Calories: 370
Fat: 10g
Carbohydrates: 36g
Protein: 18g

Ingredients

- Rainforest 8 oz Basa Fish
- 4-6 tortillas (corn or flour)
- ½ zucchini, shredded
- 1 small head red cabbage, shredded
- ½ cup corn, cooked and cooled

Directions:

Preheat oven to 300 degrees. Set fish and tortillas aside. Shred the zucchini and cabbage using a grater or food processor. Combine dressing ingredients in a bowl. Divide in half into 2 separate bowls. Use one bowl to marinate the fish; coat both sides evenly. Toss the rest of the dressing with the shredded zucchini, cabbage and corn. Heat a skillet on medium-high heat. Drizzle some water on the

Dressing:

- Juice of 1 lime (2 Tbsp)
- ¼ cup balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon honey
- 1 tablespoon minced red onion
- ¼ chopped cilantro

skillet; when the water sizzles, place the fish in the skillet and cover with the marinade. Cook about 3 minutes. Flip the fish and cook for 2 more minutes, or until the fish flakes when you cut it with a fork. Place tortillas on a baking tray while fish is cooking and bake for 3 minutes until crispy. You can also heat tortillas in a dry skillet to get the same effect. Divide the slaw amongst the tortillas and top with cooked fish. **Serve!**



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