



CAJUN FISH TACOS WITH CASHEW CREME

Delicious smoky seared Cajun fish with rich creamy cashew avocado cilantro sauce & spicy tangy pico de gallo all wrapped in warm tortilla.

Ingredients

2 lb any white fish (see note 2)

Cajun rub

2 tsp of:

Cumin

Coriander

Paprika

Garlic Powder

Onion Powder

Cayenne

1 tsp of:

Thyme

Oregano

Black Pepper

Salt

Sugar

Cashew Avocado Cilantro Sauce

3 ripe hass avocado, halved, deseeded, scooped out from peel

6 tbs cashew cream

½ cup cilantro (leaves & stems)

2 garlic cloves, peeled

1 tbs olive oil

¼ tsp ground cumin

Salt and black pepper to taste

Vegan Cashew Cream

Makes about 1 cup

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INGREDIENTS

For basic, all-purpose cashew cream:

1 cup raw, unsalted cashews

2 1/2 cups water, divided

1/8 teaspoon kosher salt

For sweetened cashew cream:

1 cup raw, unsalted cashews

1 dried Medjool date, pitted

2 1/2 cups water, divided

1/8 teaspoon kosher salt

For "cheesy" cashew cream:

1 cup raw, unsalted cashews

2 1/2 cups water, divided

1 tablespoon nutritional yeast

1 teaspoon freshly squeezed lemon juice

1/8 teaspoon kosher salt

INSTRUCTIONS

Soak the cashews: Place the cashews (and date, if using) in a medium bowl and add 2 cups of the water. Set aside uncovered at room temperature for 10 to 12 hours. The cashews are ready when they break apart when pressed between two fingers.

Drain and add fresh water: Drain the soaking water from the cashews. Add the drained cashews (and date, nutritional yeast, or lemon, if using), remaining 1/2 cup water, and salt to a blender.

Blend into cream: Blend on high speed until completely smooth, about 3 minutes. Stop scrape down the sides of the blender and process again for 1 minute.

Store or use: Use immediately or transfer to an airtight container and refrigerate for up to 1 week.

Pico de Gallo

5 large tomatoes, diced

1/2 medium white onion, soaked in water for 5-10 minutes

4 garlic cloves, finely chopped

1/2 cup cilantro leaves, roughly chopped

2 Jalapeno, half or fully deseeded if you want it less spicy and diced

2 limes, juiced

Salt and black pepper to taste

Couple of pinches of sugar

8 flour tortillas, warmed and covered in a towel-lined plate

4 cups thinly sliced lettuce or alfalfa sprouts

1 bunch cilantro, roughly chopped

1/4 - 1/2 cup yogurt or sour cream

Directions

In a small bowl, combine the ingredients for the Cajun rub. Generously coat the fish with the rub (see note 1). There will be some the rub left. Let marinate while you prepare the remaining ingredients.

In the blender or food processor, combine the ingredients for the avocado cilantro sauce and blend until desired consistency. Chill until ready to use.

In a bowl, combine the ingredients for the pico de gallo. Chill until ready to use.

Over medium high heat, add a coat of oil in a pan. Once the pan is hot, sear the fish until browned and charred to your liking. Depending on how thick the fish is, fry 2-3 minutes on each side. If the fish is really thick, lower the heat a little so that the center can cook without the outside burning. Cook a couple minutes more if so. When you can flake the fish (or temperature reads 145 F), it's ready.

To assemble, break up the seared fish and place them on a warm tortilla. Top with lettuce, avocado cilantro sauce, pico de gallo, cilantro and yogurt.

Notes

1. The rub already contains salt but if you want it saltier, sprinkle some salt over the fish before the rub.

2. The fish can be cod, mahi-mahi..etc. The thinner the fish, the better since marination time is short. Thicker fish will result in less flavorful since the spice won't be able to penetrate that deep in.