

Keto Fish Tacos

Hands-on 15 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 17.8 g, Fiber: 9.3 g, **Net carbs: 8.5 g**,

Protein: 26.8 g, Fat: 31.7 g, Calories: 446 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Spicy avocado cream:

- 1/2 ripe avocado (100 g/ 3.5 oz)
- 3 tbsp lime juice (45 ml)
- 1 tbsp mayo (15 g/ 0.5 oz)
- 1 tbsp Greek yoghurt (15 g/ 0.5 oz)
- 2 tbsp water (30 ml)
- 1 tbsp diced fresh *or* pickled jalapeño pepper (14 g/ 0.5 oz)
- 1/8 tsp ground cumin
- pinch of sea salt

Salad:

- 1 cup shredded red cabbage (70 g/ 2.5 oz)
- 2 cups shredded lettuce (72 g/ 2.5 oz)
- 1 medium spring onion, chopped (15 g/ 0.5 oz)
- 1/4 cup loosely packed cilantro (g/ oz)
- 1 tbsp lime juice (15 ml)
- 1/2 tsp sea salt

Fish:

- 400 g white fish such as cod, haddock *or* flathead (14.1 oz)
- 1 tbsp [arrowroot powder](#)
- 1 tbsp smoked paprika
- 2 tsp ground cumin
- 1/2 tsp cayenne pepper
- 1/2 tsp ground black pepper
- 1 tsp sea salt
- 1 tsp garlic powder
- 1 tsp dried thyme
- 2 tbsp olive oil (30 ml)

Serve with:

- 4 keto tortillas such as [The Best Keto & Paleo Tortillas](#), or [Keto "Corn" Tortillas](#), reheated if required
- 1/3 cup crumbled feta cheese (50 g/ 1.8 oz)

Instructions

1. Add all avocado cream ingredients to blender and blend until smooth.
2. Add all salad ingredients to a bowl and sprinkle with the lime juice and salt. Mix to combine.
3. Cut the fish into small fillets. Combine arrowroot powder and spices in a bowl and mix well. Brush fish with a little olive oil and then coat in mixture.
4. Pan fry 2-3 minutes on each side, until cooked through.
5. To assemble, divide salad across the tortillas, then top with the fish, avocado cream and feta.
6. Serve immediately, or store the filling in the fridge for up to 3 days.

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