

DINNER

Caribbean Fish Tacos

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	7 min	18 min	7	\$2.43	135 kcal

Caribbean Fish Tacos could be just the dairy free and pescatarian recipe you've been looking for. One portion of this dish contains approximately 21g of protein, 3g of fat, and a total of 135 calories. This recipe serves 7.

Ingredients

- ☐ ½ teaspoon black pepper
- ☐ 1½ teaspoons dried thyme
- ☐ ½ teaspoon garlic powder
- ☐ ¼ teaspoon ground coriander
- ☐ ½ teaspoon ground red pepper
- ☐ 7 servings Tropical Salsa
- ☐ 1½ teaspoons sugar
- ☐ 1 Dash ground cloves
- ☐ 2 6-inch (6-inch) flour tortillas
- ☐ ½ teaspoon ground allspice
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1½ pounds grouper fillets or other firm white fish fillets
- ☐ ½ teaspoon salt

EQUIPMENT Bowl, Grill

Method

- 1

Prepare Tropical Salsa.
- 2

Combine sugar and next 9 ingredients in a small bowl.
- 3

Sprinkle spice mixture evenly over both sides of fish. Cover and marinate 30 minutes.

- 4 Prepare grill.
- 5 Place fish on grill rack coated with cooking spray; grill 9 minutes on each side or until fish flakes easily when tested with a fork.
- 6 Remove fish from grill; break into bite-sized pieces.
- 7 Heat tortillas according to package directions. Divide fish evenly among tortillas. Spoon about 3 tablespoons Tropical Salsa over fish on each tortilla.

Nutrition per serving

135	21 g	3 g	8 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.9 g · 5% of daily needs
Fibre			1.2 g · 5% of daily needs
Sugar			2.4 g · 3% of daily needs
Sodium			491 mg · 21% of daily needs
Cholesterol			48.6 mg · 16% of daily needs
Vitamin C			0.9 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/caribbean-fish-tacos-148627