



Chicharrones Fish Tacos with Chipotle Tartar Sauce

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula for serving
- ☐ 8 servings pepper black freshly ground
- ☐ 1 to 2 chipotles in adobo seeds removed and finely chopped
- ☐ 1 teaspoon coarse salt for seasoning
- ☐ 2 pounds pacific cod skinless white firm cut into 1-inch chunks or other , flaky fish
- ☐ 1 cucumber peeled halved lengthwise halved seeded sliced into 1/ strips, for serving
- ☐ 1 cup flour all-purpose

- ☐ 8 8-inch flour tortillas
- ☐ 1 cup cilantro leaves fresh for serving
- ☐ 2 garlic cloves finely chopped
- ☐ 4 garlic cloves
- ☐ 1 haas avocados pitted ripe peeled halved sliced for serving
- ☐ 0.5 juice of lime juiced
- ☐ 8 servings lime wedges for serving
- ☐ 0.8 cup mayonnaise
- ☐ 2 orange zest for serving
- ☐ 8 servings salt
- ☐ 1 scallion light white green sliced
- ☐ 8 servings vegetable oil for frying
- ☐ 2 tablespoons worcestershire sauce

Equipment

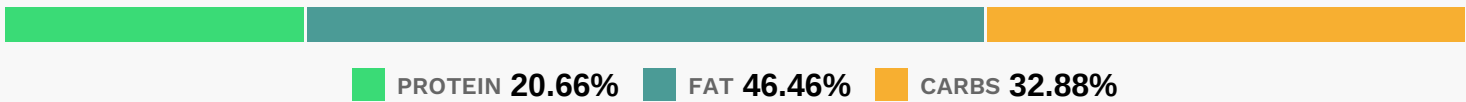
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ plastic wrap
- ☐ microwave
- ☐ kitchen towels
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐ Combine the mayonnaise, garlic, scallion, chipotle, and lime juice in a small bowl and mix well.
- ☐ Add salt, to taste. Cover with plastic wrap and refrigerate until ready to use. Keep covered in the refrigerator up to 1 week.;

- ☐ Put the fish in a large bowl.
- ☐ Place the garlic cloves on a cutting board. Slice the cloves in half lengthwise and then smash with the side of a chef's knife.
- ☐ Sprinkle 1 teaspoon of salt over the garlic and chop and smear the garlic against the cutting board until it makes a paste.
- ☐ Add the garlic paste to the bowl of fish.
- ☐ Add the Worcestershire sauce and 1/2 teaspoon pepper; turning the fish to coat. Cover with plastic wrap and refrigerate for at least 20 minutes or up to 4 hours.
- ☐ Place the flour in a shallow dish and toss the fish pieces in it a few at a time, until they're all evenly coated. Shake off the excess flour.
- ☐ Heat 2-inches of oil to 375 degrees F in a heavy skillet or deep pot over medium-high heat. Carefully add a few pieces of the fish at a time and fry until golden brown all over, about 4 to 6 minutes.
- ☐ Transfer to a paper towel-lined plate to drain. Season with salt and pepper while they are still hot. Allow the frying oil to return to temperature and continue to fry the fish in batches until finished.
- ☐ Wrap the tortillas in a damp kitchen towel and place in the microwave. Microwave on full power for 30 seconds until they are soft and pliable. Keep warm.
- ☐ Spread a dollop of the chipotle tartar sauce onto a warmed tortilla.
- ☐ Add a few strips of cucumber and top with 3 or 4 pieces of fish. Cover with a few arugula leaves, cilantro leaves, avocado, and a little orange zest.
- ☐ Serve with more tartar sauce on the side and lime wedges.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:17.22, Inflammation Score:-7, Nutrition Score:23.032608902973%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg,

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 532.17kcal (26.61%), Fat: 27.32g (42.03%), Saturated Fat: 5.1g (31.85%), Carbohydrates: 43.51g (14.5%), Net Carbohydrates: 38.57g (14.02%), Sugar: 3.51g (3.9%), Cholesterol: 57.58mg (19.19%), Sodium: 1115.57mg (48.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.66%), Selenium: 55.25µg (78.93%), Vitamin K: 66.2µg (63.05%), Phosphorus: 388.82mg (38.88%), Vitamin B1: 0.51mg (34.15%), Vitamin B3: 6.09mg (30.45%), Folate: 119.76µg (29.94%), Manganese: 0.52mg (25.95%), Potassium: 812.89mg (23.23%), Vitamin B6: 0.44mg (22.12%), Vitamin B2: 0.36mg (21.23%), Iron: 3.76mg (20.87%), Fiber: 4.94g (19.77%), Vitamin B12: 1.06µg (17.62%), Magnesium: 68.28mg (17.07%), Vitamin C: 12.61mg (15.28%), Vitamin E: 2.28mg (15.23%), Calcium: 130.1mg (13.01%), Copper: 0.22mg (10.8%), Vitamin B5: 0.87mg (8.69%), Zinc: 1.23mg (8.21%), Vitamin A: 409.49IU (8.19%), Vitamin D: 1.06µg (7.08%)