



Fish Taco Platter

READY IN



45 min.

SERVINGS



8

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups buttermilk
- ☐ 3 teaspoons kosher salt divided
- ☐ 16 corn tortillas
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1.3 cups cilantro leaves fresh packed ()
- ☐ 2 garlic clove unpeeled
- ☐ 4 spring onion separated
- ☐ 8 servings guacamole
- ☐ 1 jalapeno

- ☐ 5 small jalapeno whole
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime zest packed finely grated ()
- ☐ 0.5 cup mayonnaise
- ☐ 3 tablespoons hot sauce hot
- ☐ 12 ounces onion red halved lengthwise
- ☐ 8 servings salsa fresh
- ☐ 1 pinch salt
- ☐ 2 cups seasoned rice vinegar
- ☐ 2 cups self raising flour
- ☐ 0.5 cup cream sour
- ☐ 2 pounds bass fillets skinless cut into 1/2x1/2-inch strips
- ☐ 12 ounces tomatillos divided stemmed husked
- ☐ 8 servings vegetable oil for frying

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Place onion and jalapeños in heatproof medium bowl.
- ☐ Mix vinegar, lime juice, and salt in small saucepan. Bring just to boil, stirring until salt dissolves.
- ☐ Pour over onion and jalapeños.
- ☐ Let stand at room temperature at least 1 hour and up to 8 hours. (Can be made 1 week ahead. Cover and refrigerate.)
- ☐ Whisk all ingredients in small bowl. (Can be made 3 days ahead. Cover and refrigerate.)
- ☐ Preheat oven to 375°F. Lightly oil roasting pan. Char half of tomatillos, white parts of green onions, and jalapeño directly over gas flame or in broiler.
- ☐ Transfer charred vegetables to prepared roasting pan.
- ☐ Add remaining tomatillos and garlic cloves to pan. Roast until all vegetables are soft, about 12 minutes. Cool.
- ☐ Stem and seed jalapeño.
- ☐ Place all roasted vegetables, green onion tops, cilantro, and 1 tablespoon lime juice in blender. Puree until smooth, stopping to push vegetables down into blades several times.
- ☐ Transfer to medium bowl. Season with salt and more lime juice, if desired.
- ☐ Mix buttermilk, cilantro, pepper sauce, 1 teaspoon salt, and lime juice in large bowl.
- ☐ Add fish; toss. Cover; chill at least 1 hour and up to 3 hours.
- ☐ Preheat oven to 300°F. Wrap tortillas in foil; place in oven to warm.
- ☐ Whisk flour and remaining 2 teaspoons salt in medium bowl.
- ☐ Add enough oil to large skillet to reach depth of 1 inch.
- ☐ Heat oil until thermometer registers 350°F. Working in batches, remove fish from marinade and dredge in flour. Carefully add fish to skillet, cover partially, and fry until golden brown, turning occasionally, about 4 minutes.
- ☐ Transfer to paper-towel-lined baking sheet to drain, then transfer to oven to keep warm.
- ☐ Set up buffet with all taco fixings, along with fresh salsa and guacamole.
- ☐ *Green and tomato-like with a papery husk, tomatillos are available in the produce section of some supermarkets and Latin markets.

Nutrition Facts



Properties

Glycemic Index:67.19, Glycemic Load:26.89, Inflammation Score:-8, Nutrition Score:28.204347714134%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg

Nutrients (% of daily need)

Calories: 582.72kcal (29.14%), Fat: 23.47g (36.1%), Saturated Fat: 5.66g (35.4%), Carbohydrates: 60.02g (20.01%), Net Carbohydrates: 53.23g (19.36%), Sugar: 9.49g (10.54%), Cholesterol: 111.68mg (37.23%), Sodium: 1480.82mg (64.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.89%), Selenium: 61.3µg (87.57%), Vitamin B12: 4.65µg (77.58%), Vitamin K: 59.83µg (56.98%), Phosphorus: 533.83mg (53.38%), Vitamin B6: 0.7mg (34.93%), Manganese: 0.68mg (34.19%), Vitamin C: 28mg (33.94%), Magnesium: 120.98mg (30.24%), Fiber: 6.79g (27.17%), Vitamin B3: 4.98mg (24.89%), Potassium: 858.27mg (24.52%), Vitamin B1: 0.28mg (18.9%), Vitamin A: 923.99IU (18.48%), Calcium: 184.68mg (18.47%), Vitamin B2: 0.28mg (16.32%), Vitamin B5: 1.61mg (16.09%), Iron: 2.67mg (14.82%), Copper: 0.29mg (14.58%), Vitamin E: 2.14mg (14.29%), Zinc: 2.01mg (13.42%), Folate: 50.19µg (12.55%), Vitamin D: 0.81µg (5.39%)