

Saturdays *with the* Chef

Chef Mitch Wright's Summer Trio Taco Platter

Seasoned Fish

1. Fresh Tilapia rinsed in cold water.
2. Rub fish in oil then generously add Cajun seasoning to both sides of fish.
3. Turn pan on to med/high heat and add a tablespoon of oil.
4. When pan is hot (just about to smoke), lightly lay fish in pan away from you to prevent hot oil splashing.
5. This fish cooks really fast so stay with it and flip after two minutes. To prevent oil spitting all over your stove, you can cover the pan with a lid.
6. Cook fish to 145 degrees.
7. Set cooked fish aside on plate covered.

Pico di Gallo

- 2 Cups diced chunks of ripe tomato
 - 1 Cup diced yellow onion
 - ½ Cup cilantro
 - ¼ Cup Minced fresh jalapeno
 - 2 limes freshly squeezed (acidity)
 - And a touch of your favorite seasonings (cumin,cajun etc.)
- Mix all ingredients together.

Pineapple Salsa

- 2 Cups small diced pineapple
 - 1 Cup small diced of red and green pepper
 - 1 Cup rough chop of cilantro
 - ½ of a red onion, diced
 - Lime and orange juice (for acidity)
- Mix all ingredients together.

Honey Siracha Cilantro Slaw

1. Finely shred a half head of napa cabbage in to a bowl.
2. Pour a ¼ cup of honey into bowl.
3. Add two tablespoons of Siracha in to the mixture.
4. Roughly chop 1 cup of cilantro and add to the bowl.
5. Lastly, finely chop iceless green onions and add to bowl.
6. Squeeze a lime for acidity.

When mixing these recipes, please use gloves. Wash hands and all veggies when preparing your food per servsafe guidelines.

Finally, take your favorite tortilla and warm them up by setting them on top of your covered fish. Cut fish in half long ways and place in tortilla then add your toppings and garnish with a lime wedge. Bon appetite!

