

# Cajun Fish Tacos

## ft. Mango Salsa

Recipe makes 4 servings, each serving is:

436  
kcal

12 g  
fat

55 g  
carbs

27 g  
pro

### Ingredients

- 8 small wheat or corn tortillas
- 3-4 white fish (pickrel, cod, etc.) filets
- 1-2 Tbsp Clubhouse Cajun seasoning
- Drizzle of olive oil
- Sliced red cabbage
- Chopped spinach
- Thinly sliced bell pepper
- Feta cheese
- Lime wedges

### Fresh Mango Salsa

- 2 mangos, diced
- 2 small Roma tomatoes, seeds removed and diced
- 1/4 c. fresh cilantro, diced
- 2 Tbsp red onion, minced
- 1 tsp olive oil
- Optional: 1 jalapeno pepper, seeds removed and diced
- Salt & pepper to preference

### Directions

1. Season both sides of the fish with Cajun seasoning. Drizzle with a bit of olive oil and Air fry (flipping half way) for ~12 minutes or until the internal temp reaches at least 145 degrees F.
2. Combine the fresh mango salsa ingredients in a bowl - add salt and sugar slowly to desired preference. Optionally add a jalapeno pepper if you like it spicy!
3. Assemble tacos with the fish, fresh veggies, the mango salsa and top with some feta cheese. Add a lime wedge to use as desired. Enjoy!

**THE NUTRITIONIST**

