

# chattavore

## BAKED FISH TACOS

prep time: 20 minutes

cook time: 12 minutes

Serves 4

### For Sauce

- 2 tablespoons sour cream
- 2 tablespoons mayonnaise
- juice of 1/2 lime
- 1/8 teaspoon chipotle chili powder
- 1/8 teaspoon salt

### For Tacos

- olive oil spray
- 12 ounces firm white fish, such as cod (I used sole here but found it to be a little too delicate)
- 1 egg, beaten with 1 tablespoon water
- 2 cups panko crumbs
- salt and pepper
- 4-8 corn tortillas, heated
- 1 cup shredded cabbage
- salsa and lime wedges, for serving

1. Preheat the oven to 450 degrees. Spray a sheet pan with olive oil spray. Stir together the mayonnaise, sour cream, lime juice, chipotle chili powder, and salt. Refrigerate until ready to use.
2. Beat the egg with the water and a little salt and pepper in a shallow bowl. In a second shallow bowl, stir salt and pepper into the panko crumbs. Pat the fish dry. Dip the fish into the egg mixture then coat with panko and place on the oiled sheet pan. Once all of the fish has been breaded, spray with olive oil spray. Bake the fish for 6 minutes, then carefully flip each piece and bake for another 6 minutes.
3. To assemble the tacos, spread a little bit of the sauce onto a tortilla. Top with the fish, cabbage, and a little salsa. Serve with lime wedges. (for sturdier tacos, use two tortillas per taco)