

# blackened fish taco bowls

BY CAROLINE CHAMBERS

Serves 4

Tools:

- Small pot for rice (I love my [Le Creuset rice pot](#) so much)
- [Cutting board](#)
- [Chef's knife](#)
- Mixing bowls
- [1 rimmed half sheet pan](#)

- 1 grapefruit
- 1 orange
- Juice of 1 lime
- 2 tablespoons neutral cooking oil
- 1/4 cup finely chopped cilantro
- Optional: 1/2 jalapeño
- Kosher salt

*Lime Butter Rice:*

- Kosher salt
- 1 1/2 cups white or brown rice
- 2 tablespoons unsalted butter
- Juice of 1 lime

*Cilantro Slaw:*

- 1 (10-ounce) bag shredded purple or green cabbage (about 2 packed cups)
- Kosher salt
- 2 tablespoons neutral cooking oil
- Juice of 1 small orange or 1/2 large orange (about 3 tablespoons)
- Juice of 1 lime
- 1/4 cup finely chopped cilantro

*Blackened Cod:*

- 3 tablespoons neutral cooking oil, divided
- 1 1/2 tablespoons cajun, jerk, or blackening seasoning, OR:
  - 2 teaspoons smoked paprika, 1 teaspoon onion powder, 1/2 teaspoon garlic powder, 1/2 teaspoon dried thyme, 1/4 teaspoon black pepper, 1/4 teaspoon cayenne (omit if you can't handle the heat!)
- 1 teaspoon kosher salt
- 1 teaspoon brown sugar
- 1 pound boneless, skinless cod filets
- 1 large avocado, thinly sliced

*Citrus Salsa:*

First, we're going to cook our rice just like we'd cook pasta. No perfect water:rice ratios needed with this method!

Bring a large pot of water to a boil. Season the water with **1 tablespoon kosher salt** and stir in **1 1/2 cups rice**. Cook white rice for 15 minutes, or until tender. Cook brown rice for 25 minutes, or until tender. Drain in a colander. Return rice to the pot, add **2 tablespoons unsalted butter** and **the juice of 1 lime** and cover for 10 minutes to allow the rice to steam and the butter to melt.

Meanwhile, make the rest of dinner!

Finely chop **1 cup of cilantro leaves and stems**. We'll use half in the slaw and half in the salsa. After chopping it, you should have about 1/2 cup chopped cilantro.

To make the Cilantro Slaw: Add **1 (10-ounce) bag shredded cabbage** to a large bowl. Add **a pinch of salt** and massage it into the cabbage by squeezing the cabbage with your hands over and over until it

starts to feel tender. Stir in **2 tablespoons oil, the juice of 1 small orange, the juice of 1 lime, and half of the finely chopped cilantro**. Taste and season with salt and pepper as needed.

To make the Citrus Salsa: peel and chop **1 grapefruit and 1 orange**. Add them to a large bowl along with **the juice of 1 lime, 2 tablespoons oil, the second half of the finely chopped cilantro, and a big pinch of salt**. Cut the stem off of **1 serrano pepper**, cut it in half lengthwise and remove the seeds if you don't like a lot of heat. Finely mince the pepper and add it to the salsa. Stir the salsa to combine and adjust seasoning as needed.

To make the Blackened Cod: preheat oven to broil on high. Add **2 tablespoons oil, 1 1/2 tablespoons Cajun/jerk/blackening seasoning (or all of the spices listed), 1 teaspoon kosher salt, and 1 teaspoon brown sugar** to a large bowl. Stir to combine. Add the cod filets to the bowl one at a time, carefully feeling each filet for bones before you add it. Toss to coat them completely.

Prepare a rimmed baking sheet with aluminum foil. Coat the foil with oil. Add cod filets in a single layer. Broil on high for 5 to 6 minutes, until the fish flakes easily. (If your filets are thick, you may need to cook them longer — see note below.)

Transfer fish to the cutting board (the filets might fall apart — that's OK!) and use a fork to break the fish into big flakes.

Build the bowls with rice on the bottom, then pile on the cilantro slaw, fish, and citrus salsa. Be sure to get lots of the citrus salsa juice on there too, not just the fruit. Slice the **avocado** at the last minute and place on the bowl. Squeeze **lime wedges** over the fish. DIG IN!!!!