

SERVES 6
PREP TIME: 60 MINUTES
COOK TIME: 20 MINUTES

FISH TACOS WITH WATERMELON TOMATO SALSA

There's a lot going on in this recipe, but each part takes very little time, and the results are definitely worth it. Depending on how many tortillas you like to eat, you may want to double this part of the recipe. Even though cassava is surprisingly quite nutritious, I've increased the nutrients further by sneaking broth into my tortillas; you can use water if you prefer. If you have batches of Nightshade-Free Brown Sauce (page 80) or Mint Mayonnaise (page 81), you will want to get them out here.



TORTILLAS

1 cup and 1 tablespoon
(162 g) cassava flour
Pinch sea salt
 $\frac{1}{4}$ cup (60 ml) extra virgin
olive oil
 $\frac{2}{3}$ cup (160 ml) cold chicken
bone broth

SALSA

$\frac{1}{2}$ small watermelon, rind
removed, cut into $\frac{1}{2}$ -inch
(1 cm) cubes
 $\frac{3}{4}$ cup (112.5 g) halved mixed
cherry tomatoes
1 avocado, cut into small
cubes
3 scallions, sliced on the
diagonal
 $\frac{1}{4}$ cup (4 g) chopped fresh
cilantro
 $\frac{1}{4}$ cup (24 g) chopped fresh
mint

DRESSING

5 tablespoons (75 ml) extra
virgin olive oil
1 tablespoon (15 ml) white
wine vinegar
4 tablespoons (60 ml) lime
juice
Pinch sea salt

FISH

2 tablespoons (19.5 g)
cassava flour
1 teaspoon garlic powder
Pinch sea salt
Zest of 1 large lime
4 fillets of firm skinless
white fish, such as cod,
tilapia, or halibut
1 tablespoon (15 ml) extra
virgin olive oil

To make the tortillas, put the flour and salt in a large bowl. Pour in the oil and broth. Use a fork or your fingers to bring it together to form a dough. Knead for about 1 minute until you have a smooth dough. Roll into a log shape and slice into 6 even pieces. Roll each piece into a ball.

Cut 12 pieces of parchment paper into diameters of 7 inches (18 cm). If you have a tortilla press, lay one piece of parchment on the press, put a ball of dough in the center, and cover with a second piece of parchment. Press into a flat tortilla and set aside. Repeat with the remaining balls.

If you don't have a tortilla press, simply put each ball between two pieces of parchment paper and roll out to 6 inches (15 cm) in diameter.

To make the salsa, put all the salsa ingredients into a large serving bowl. Gently mix to combine.

To make the dressing, mix the ingredients in a small bowl. Pour over the salad and set aside to let the flavors infuse.

Now cook the tortillas. Put an empty heavy-based frying pan over medium heat. Place the first tortilla in the pan and cook for 1 minute. Turn it over and continue cooking for 1 minute. Place on a clean tea towel and loosely wrap. Repeat with all the tortillas, keeping them covered until they are all cooked.

Meanwhile, prepare the fish. Put the first four ingredients on a large plate and mix together. Press the fish fillets into the seasoned flour, coating well on both sides and dusting off the excess. Set aside.

When the tortillas are ready, add the olive oil to the pan. Fry the fish presentation side-down for 2 minutes, or until golden brown. Turn the fillets over and cook for 2 minutes, or until just cooked. The timing will depend on the thickness of your fillets.

To serve, place everything on plates or bowls and allow everyone to help themselves.

Tomatoes

AIP COMPLIANT Omit tomatoes.

FREEZER-FRIENDLY Tortillas

LOW FODMAP Omit avocado. Sub honeydew for watermelon. Use green part of scallions. Dust fish with tapioca flour, not garlic powder.

COCONUT-FREE Yes

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