Swai Fish Tacos

Savannah · 30/09/2024



Prep Time

30 mins

Dificult

Medium

Servings

4

Description

These swai fish tacos are fantastic We discovered this recipe when looking for a way to use the swai we bought on sale at the market Swai is sturdy enough to hold up to sautéeing and absorbs flavors perfectly for a great fish taco

Ingredients

- - 2 tablespoons olive oil
- divided - 1 onion
- thinly sliced - 1 red bell pepper
- sliced into thin strips - 1 jalapeno pepper
- sliced into thin strips - 2 cloves garlic
- minced - 4 (4 ounce) fillets swai fish
- cut into 1-inch cubes - 2 tablespoons chili powder - ½ teaspoon sea salt - ½ teaspoon ground cumin - ¼ teaspoon coarsely ground black pepper - 12 corn tortillas
- warmed - 1 cup shredded Monterey Jack cheese

Instructions

1. Heat 1 tablespoon olive oil in a sauté pan over medium-high heat. Cook and stir onion
2. red bell pepper
3. jalapeño
4. and garlic in hot oil until slightly softened
5. about 4 minutes. Transfer vegetables to a plate and set aside. Heat remaining 1 tablespoon olive oil in the same pan. Cook swai in hot oil
6. stirring occasionally
7. for 2 minutes. Add chili powder
8. salt
9. cumin
10. and black pepper; cook and stir until fish is opaque in the center
11. 1 to 2 minutes. Return vegetables to the pan and cook until heated through. Divide fish and vegetables between tortillas. Sprinkle with Monterey Jack cheese. Tips You can substitute a banana pepper for the jalapeño pepper if desired.