

Tupperware®

Serves: 4 · Serving size: 2 tacos



PREP: 10 minutes
COOK: 12 minutes

Tilapia Street TACOS

2 cups packaged raw broccoli or cabbage slaw
2 cups water
1 tsp. kosher salt, divided
4 tilapia fillets, fresh or frozen (thawed)
1 tbsp. DIY Southwest Chipotle Seasoning Blend (found on our blog)
1 cup Chipotle Cream Sauce (found on our blog)
16 (6"/15 cm) corn tortillas
fresh cilantro, kale or chard, queso fresco, lime wedges,
pumpkin seeds and chopped jalapeno for garnish

1. In the base of the Tupperware® Smart Multi-Cooker stir together slaw, water and ½ tsp. of the salt. Place shielded colander into base. Add tilapia fillets and sprinkle with remaining salt and Southwest Chipotle seasoning. Cover and microwave on high 12 minutes.
2. Meanwhile in the shallow colander, layer tortillas; set aside.
3. Remove Smart Multi Cooker from microwave. Place shallow colander with tortillas on top of shielded colander. Cover and let stand 5 minutes to warm tortillas.
4. Remove cover, transfer tilapia to a cutting board and flake into large pieces. Using the shielded colander, drain slaw.
5. To build the tacos, layer two tortillas on top of each other. Add tilapia, slaw, chipotle cream sauce, and garnish with cilantro, queso fresco, lime juice and jalapeno.

Note: Garnish with fresh chopped cilantro, crema, minced red bell pepper, chopped red onion, minced jalapeno.

Nutritional Information (per serving):
Calories: 310 Total Fat: 12g Saturated Fat: 6g Cholesterol: 65mg
Sodium: 400mg Carbohydrate: 36g Fiber: 6g Sugar: 1g Protein: 19g
Vitamin A: 40% Vitamin C: 60% Calcium: 10% Iron: 10%

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