



# *Paleo Deconstructed Fish Taco Salad Recipe*

## **The Ingredients:**

- **1 cup of shredded Romaine Lettuce**
- **1/2 cup of shredded Red Cabbage**
- **1/2 cup of shredded Green Cabbage**
- **1 sliced Avocado**
- **1 Tilapia Fillet**
- **1 teaspoon of red chili flakes**
- **Pinch of salt and crushed black pepper**
- **1 cup of cherry tomatoes**
- **1 tablespoon of Coconut oil (will give a slight sweetness to the fish) for cooking**
- **Slice of lemon**

## **Instructions:**

- 1.) Season Tilapia with salt, black pepper, and red chili flakes. Pan cook Tilapia fillet in coconut oil, til a golden crust on each side.
- 2.) Wash and shred romaine lettuce. Combine romaine lettuce and shredded red & green cabbage.
- 3.) Add sliced avocado and halve or whole cherry tomatoes to salad combination.
- 4.) Top shredded tilapia over salad mixture.
- 5.) Squeeze lemon juice over salad.

ENJOY!

