



FISH TACO BOWLS WITH CILANTRO-LIME RICE

PRESENTED BY CAMBRIDGE FARM TO SCHOOL, CAP FOOD PANTRY,
AND CHEF CATHY YERGES, CAMBRIDGE MARKET

INGREDIENTS

QUICK-PICKLED CABBAGE

- 1/2 medium head red cabbage, thinly sliced or shredded
- 3/4 cup red wine vinegar (sub white vinegar or apple cider vinegar)
- 3/4 cup water
- 1 1/2 tsp granulated sugar
- 1 tsp kosher salt

CILANTRO-LIME RICE

- 1 cup dry long-grain white rice, such as jasmine or basmati
- 1/2 tsp kosher salt
- 2 tsp extra-virgin olive oil
- 1 garlic clove, minced
- 1/3 cup finely chopped fresh cilantro
- Zest and juice of 1 lime

ZESTY CILANTRO-LIME RANCH

- 1/2 cup ranch dressing (bottled or homemade)
- 1 Tbsp lime juice (fresh is best)
- 1–2 tsp hot sauce (like Cholula or Tapatio)
- 1 Tbsp chopped fresh cilantro (or 1/2 tsp dried)

Optional: pinch of cumin or smoked paprika for extra depth

FISH AND BOWLS

- 1 lb firm white fish (like cod, halibut, or tilapia)
- 1 Tbsp olive oil
- 1 Tbsp taco seasoning (store-bought or homemade)
- Optional: squeeze of lime before or after cooking for extra brightness until flaky.
- 1 (15-oz.) can black beans, rinsed and drained

Optional garnishes: shredded cheddar or mozzarella cheese, fresh cilantro, sliced avocado



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INSTRUCTIONS

PREPARE PICKED CABBAGE:

- Place shredded cabbage in a large heat-proof bowl.
- In a small saucepan, combine vinegar, water, sugar, and salt; bring mixture to a boil.
- Boil for 2 minutes, or until sugar dissolves. Pour mixture over cabbage and let sit at room temperature for at least 1 hour. (You can also refrigerate overnight, or up to 3 days ahead.)

PREPARE CILANTRO-LIME RICE

- Combine the rice, 1 1/2 cups water, and salt in a medium saucepan. Bring to a boil, cover, and reduce to a simmer. Simmer for 20 minutes, or until the liquid is absorbed and rice is tender.
- Uncover, fluff with a fork, then add the olive oil, garlic, cilantro, and lime zest and juice; stir to combine.
- Cover to keep warm if not serving immediately.

ZESTY CILANTRO-LIME RANCH

- Start with 1/2 cup ranch dressing and stir it all together and taste. You want a balance of tangy, herby, and a little heat.
- Alternatively, you can use any chipotle sauce, ranch dressing or salsa.

PREPARE FISH:

- Toss fish with olive oil and taco seasoning.
- Cook in a skillet over medium heat for 3–4 minutes per side, or bake at 400°F for 10–12 minutes

ASSEMBLE BOWLS:

- Place black beans in a microwave-safe bowl and cover with a damp paper towel. Microwave for 2 minutes, or until warm. Season with a pinch of salt and ground cumin.
- Divide Cilantro-Lime Rice and black beans evenly between four bowls.
- Top with flaked fish and a generous spoonful of pickled cabbage. Spoon Zesty Cilantro-Lime Ranch

ADAPTED FROM A RECIPE BY JAMIE VESPA