

Blackened Fish Taco Bowls

16 ingredients · 30 minutes · 4 servings



Directions

1. To create cauliflower rice, chop cauliflower into florets and add to a food processor. Process until it reaches a rice-like consistency. (Note: If you don't have a food processor, you can grate the cauliflower with a box grater to create rice.) Transfer into a bowl and set aside.
2. Create your avocado dressing by combining your avocado, olive oil, lemon juice and water together in a food processor or blender and blend until smooth. Transfer into a jar and set aside.
3. Combine chili powder, cumin, cayenne, paprika, sea salt and black pepper in a bowl and mix well. Sprinkle over both sides of the tilapia fillets.
4. Grease a large cast iron skillet with a bit of olive oil and place it over medium high heat. Add your tilapia fillets two at a time. Let sear for 3 to 4 minutes per side, flip and let sear for another 3 minutes or until fish is completely cooked through. (Note: Fish is done when it flakes with a fork.) Remove from heat and chop into pieces. Set aside.
5. Divide cauliflower rice in between bowls and top with red onion, green pepper and black beans. Add blackened tilapia, drizzle with desired amount of avocado dressing and serve with lime wedges. Enjoy!

Notes

Work Ahead

Prepare your vegetables, cauliflower rice and avocado dressing ahead of time. Cook tilapia and assemble when ready to eat!

More Carbs

Serve on brown rice instead of cauliflower rice.

More Protein

Serve on quinoa instead of cauliflower rice.

No Tilapia

Use any fish fillet of your choice

Ingredients

- 1 head Cauliflower
- 1/2 Avocado (pit removed and peeled)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/4 cup Water
- 1 tbsp Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Cayenne Pepper
- 1 tsp Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 Tilapia Fillet
- 1/4 cup Red Onion (finely diced)
- 1/2 Green Bell Pepper (finely diced)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 Lime (cut into wedges)

Nutrition

Amount per serving

Calories	393	Cholesterol	29mg
Fat	20g	Sodium	434mg
Carbs	36g	Vitamin A	1095IU
Fiber	14g	Vitamin C	94mg

Jeanene Ruska

<https://fxlivingforlife.com>



Fillet Size

One tilapia fillet is equal to 116 grams or 4.1 ounces.

Sugar	5g	Calcium	97mg
Protein	24g	Iron	5mg