Crispy Baked Fish Tacos with Creamy Cilantro Lime Slaw

5 from 3 votes

Super simple panko-crusted fish that are baked to crispy perfection and wrapped in a soft tortilla with the most delicious creamy cilantro lime slaw! Drizzle with spicy fish taco sauce and finish with all your favorite toppings!

Prep Time	Cook Time	Total Time
25 mins	10 mins	35 mins

Course: Dinner Cuisine: American, Mexican Servings: 4 servings Calories: 821kcal
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Ingredients

Baked fish

- 3-4 firm white fish filets such as cod, tilapia or halibut
- ¾ cup panko breadcrumbs
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- 2 eggs
- 2 tablespoons mayonnaise
- Olive oil cooking spray

Spicy fish taco sauce & cilantro lime slaw

- ½ cup mayonnaise
- ½ cup sour cream
- 3 tablespoons lime juice
- 2 garlic cloves, minced
- 1 tablespoon granulated sugar
- 1 teaspoon salt
- 2-3 teaspoons sriracha (or to taste)
- 4-5 cups purple and/or green cabbage shredded (about half a large head)
- ½ cup packed cilantro chopped
- 2 green onions thinly sliced

To assemble the tacos

- 12-16 small flour or corn tortillas
- optional toppings: quick pickled red onion (see notes), diced avocado, crumbled cotija cheese, sliced jalapeño, diced tomatoes, etc.

Instructions

Baked fish

1. Cut the fish filets into 2-3 inch pieces. To do this, I simply cut the fish filets in half and then cut the halves down the center lengthwise, so you're left with 4 pieces of fish from each filet. Set aside.
2. In a small bowl, whisk together the panko, flour, salt, pepper, and garlic powder. In a seperate small bowl, whisk together the eggs and mayonnaise.
3. Preheat the oven to 400 degrees F. Line two baking sheets with parchment paper and spray with olive oil.
4. Dip a piece of fish into the egg mixture then into the panko mixture. Make sure that you're coating all sides. Lay the piece of fish on the prepared baking sheet. Repeat with remaining fish. Careful not to overcrowd the baking sheets otherwise the fish won't get as crispy.
5. Once all fish is coated, spray the tops and sides of the breaded fish with olive oil cooking spray. This helps the breading cook and get crispy. If you don't have olive oil spray, you can lightly brush or drizzle the pieces with olive oil.
6. Bake for 8 minutes, then flip the fish and cook another 3-5 minutes, or until breading is crispy and the fish flakes easily with a fork. While the fish bakes, make the slaw and fish taco sauce.

Spicy fish taco sauce & cilantro lime slaw

1. **Sauce:** In a small bowl, whisk together the mayonnaise, sour cream, lime juice, garlic, sugar and salt.
2. In a large bowl, toss together the cabbage, cilantro, green onion, and about two-thirds of the sauce.
3. Mix the remaining sauce with sriracha - this is your spicy fish taco sauce. I also like to mix in about 1-2 tablespoons of water to thin the sauce out to drizzling consistency.

Assemble

1. Fill a tortilla with cilantro lime slaw, crispy baked fish, and desired toppings. Drizzle with spicy fish taco sauce and enjoy!

Notes

*Click here for my quick pickled red onion recipe.

Nutrition

Serving: 1serving | Calories: 821kcal | Carbohydrates: 67g | Protein: 40g | Fat: 44g | Saturated Fat: 11g | Polyunsaturated Fat: 19g | Monounsaturated Fat: 10g | Trans Fat: 0.1g | Cholesterol: 177mg | Sodium: 2304mg | Potassium: 773mg | Fiber: 6g | Sugar: 11g | Vitamin A: 594IU | Vitamin C: 33mg | Calcium: 250mg | Iron: 6mg

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