

# Indian Fish Tacos

**Recipe makes:** 8 tacos (1 taco per serving)

**Preparation time:** 10 minutes

**Cook time:** 15 to 20 minutes

**Equipment:** (1) one set of measuring spoons, (2) one set of measuring cups, (3) one cutting board, (4) one sharp knife, (5) one can opener, (6) one strainer or colander, (7) one grater, (8) one stove or hotplate, (9) one large frying pan, (10) one spatulas, (11) one fork, (12) two large plates, (13) one wooden spoon, (14) one medium mixing bowl, (15) one spoon, (16) serving plates

## What you need to make Indian Fish Tacos:

- ✓ 2 tablespoons vegetable oil
- ✓ 1 200 to 220 g (7 to 8 oz) salmon fillet
- ✓ Salt and pepper to taste
- ✓ Juice from 1 lime (optional)
- ✓ 1 199 mL can of corn kernels, drained
- ✓ 1 398 mL can of black beans, drained and rinsed
- ✓ ½ red bell pepper, diced
- ✓ 3 teaspoon chili powder (optional)
- ✓ 15 pieces of Pan-Fried Luskinikn\*
- ✓ ¾ cup plain non-fat Greek yogurt
- ✓ 1 medium tomato, diced
- ✓ ¾ cup low fat shredded cheese
- ✓ Avocado, peeled, cored, and diced (optional)
- ✓ Iceberg lettuce, shredded (optional)

## How to make Indian Fish Tacos:

1. Turn the stove or hotplate on to medium heat.
2. Put 1 tablespoon of the oil in the frying pan. Heat the oil for about 5 minutes.
3. Put the salmon on a large plate. Sprinkle the salt and pepper onto the salmon. Put the salmon in the frying pan.
4. Cook the salmon for 3 to 5 minutes. Using a spatula, flip the salmon and cook for another 3 to 5 minutes or until the salmon meat flakes easily with a fork. The salmon should also reach an internal temperature of 70°C (158°F).
5. Take the frying pan off the stove or hotplate. Using a spatula, move the salmon to a clean large plate.
6. Pour the lime juice evenly over the salmon (optional). Using a fork, gently break the salmon into small pieces.
7. Put 1 tablespoon of the oil into the frying pan. Heat the oil over medium heat for about 2 minutes.
8. Add the corn, black beans, bell pepper, and chili powder (optional) to the pan.
9. Cook the corn mixture for 8 minutes, stirring occasionally with a wooden spoon.
10. Remove the corn mixture it from the stove or hotplate. Transfer the corn mixture to a medium mixing bowl.
11. Make the tacos:  
Using a spoon, spread yogurt on the top of each piece of Luskinikn. Top the yogurt with the salmon, corn mixture, tomato, cheese, avocado (optional), and lettuce (optional). Each taco should have the same amount of toppings.
12. Serve the tacos warm.

# Indian Fish Tacos

<b>Nutrition Facts</b>	
Per 1 serving (1 taco, without avocado and iceberg lettuce)	
<b>Calories</b> 400	<b>% Daily Value*</b>
<b>Fat</b> 13 g	17 %
Saturated 2.5 g	13 %
+ Trans 0 g	
<b>Carbohydrate</b> 47 g	
Fibre 10 g	36 %
Sugars 4 g	4 %
<b>Protein</b> 24 g	
<b>Cholesterol</b> 25 mg	
<b>Sodium</b> 850 mg	37 %
Calcium 550 mg	42 %
Iron 3.5 mg	19 %
Vitamin A 30 µg	3 %
Vitamin C 24 mg	27 %
5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
<b>Nova Scotia School Food and Beverage Standard: Maximum</b>	

## Allergy information:

Contains milk, wheat, and gluten.

## About this recipe:

### Indian Tacos

Indian Tacos are made using fry-bread; a fried version of luskinikn. The tacos are made by topping fry-bread with ground beef, tomato, and lettuce. Many Indigenous people across Turtle Island (North America) make Indian tacos at home and buy or sell them at Powwows.

For this recipe, fish is used instead of ground beef. We chose fish since it has been a staple traditional food for Mi'kmaq since time immemorial. The waterways throughout Mi'kma'ki acted as highways for early Mi'kmaq, so it is no surprise that fish have been an important source of food for thousands of years.

Fatty fish like salmon and trout are also a good source of omega-3 fatty acids. Getting enough omega-3 fatty acids in your diet can help keep your heart healthy.

We have also included beans in this recipe, as it is a traditional food for many Indigenous communities across Turtle Island. Traditionally, climbing beans would have been grown alongside corn and squash. Together beans, corn, and squash are known as the "Three Sisters".

Black beans are high in fibre. Getting enough fibre in your diet can help keep your gut healthy and prevent diabetes.

## Substitutions:

Trout can be used instead of salmon.

## Storage information:

Indian Tacos are best when eaten fresh. If you have leftovers, store each taco ingredient in a separate airtight container in the fridge for up to 3 days.

