

delicious dish

Monday Night Dinner Series – Taco Night Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
baked chipsy crusted baja fish tacos	2 pounds/900 grams firm white fish, cod, grouper, talapia, orange roughly 3 eggs 2 limes 2-3 cups shredded iceberg lettuce or cabbage	Avocado or regular oil spray Potato or cassava chips Panko, breadcrumbs, or matzo meal (GF if necessary) Smoked or regular sweet paprika Chili powder Chipotle chili powder, optional Kosher salt or 1 tsp. sea salt Ground coriander 8-12 small corn or wheat tortillas	Large baking sheet Tin foil Large Zip top bag	Have all ingredients on hand- washed if necessary
arroz roja	1 white onion Fresh garlic Frozen carrot, pea and corn mix 1 serrano or jalapeno chili 1 fresh cilantro	Kosher salt 1 398 ml/14½ ounce can of tomatoes Morelos rice (or jasmine or basmati)	Med/large sauté pan Blender	Have all ingredients on hand- washed if necessary
salsa roja	2 roma tomatoes 1 clove garlic 1 Serrano pepper ½ of a white onion, cut into 2-3 pieces ¼ -½ tsp. kosher salt		Blender Fry pan	Have all ingredients on hand- washed if necessary
jalapeño crema	5 jalapeño chilis Fresh garlic peeled	Canola oil Kosher salt	Small pot Blender	Have all ingredients on hand- washed if necessary