



PREP TIME : 10 MIN

COOK TIME : 10 MIN

SERVES : 4

Ingredients :

- **1 lb (500 g) tilapia fillets**
- **1/3 cup (75 mL) VH[®] Teriyaki Sauce**
- **3 cups (750 mL) prepared coleslaw mix**
- **1/4 cup (60 mL) prepared sesame dressing**
- **2 tbsp (30 mL) mayonnaise**
- **Pinch salt**
- **2 tbsp (30 mL) canola oil**
- **1/4 cup (60 mL) chopped fresh cilantro**
- **8 flour tortillas (7 inch/18 cm), warmed**
- **Lime wedges**

Directions :

- 1. Toss tilapia with VH[®] Teriyaki Sauce. Refrigerate for at least 30 minutes or up to 2 hours.**
- 2. Meanwhile, toss coleslaw mix with sesame dressing, mayonnaise and salt.**
- 3. Heat oil in nonstick skillet set over medium heat; cook tilapia for 3 to 4 minutes per side or until fish flakes easily when tested. Break into pieces.**
- 4. Assemble tilapia, coleslaw and cilantro in warmed tortillas. Serve with lime wedges.**

Recipe Tips:



Teriyaki Fish Tacos

- *Add corn, avocado, red onion or fresh chili peppers to tacos if desired.*
- *Substitute any white-fleshed fish, such as cod, haddock or sole for tilapia.*