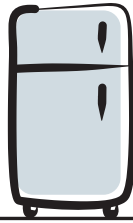


The
"Whatever's
In The Fridge"
cooking show.



Hosted by
Patchez Kennedy
in her own kitchen in
Mer Rouge, Louisiana



HALIBUT TACO BOWL

For the Salad:

- 1/3 head green cabbage, shredded
- 1/3 head red cabbage, shredded
- 1 large carrot, grated
- 1/2 yellow onion, thinly sliced
- 1/2 cup apple cider vinegar or red wine vinegar
- 1/4 cup water
- 1/2 tsp. salt
- 1/2 tsp. brown sugar
- 1 tsp. dried oregano
- 1 tsp. red pepper flakes

For the Fish:

- 2, 4–6 oz. halibut fillets, grilled (cod can be substituted)
- Olive oil
- Salt & pepper, to taste
- 1/2 tsp. red pepper flakes
- 1 lime
- 1 orange

For the Bowls:

- 4Sisters Jasmine rice, cooked
- Avocado, sliced
- Pico de Gallo

Directions:

To make the salad, combine the cabbage & carrot and drizzle with remaining mixed ingredients, stirring well (You can use your favorite pre-made cabbage mix, if desired). Cover & refrigerate at least 2 hours prior to serving.

Preheat the grill to medium high heat. Drizzle the fish with olive oil, season with salt, pepper, & red pepper flakes. Grill the fish for 5-6 minutes per side, or until fully cooked & golden brown (fish will flake easily when done).

Remove cooked fish from grill, squeeze fresh lime & orange juice over grilled fish, add more salt & pepper, if needed.

To assemble the bowl, place warm cooked rice in a bowl, add fish, avocado, Pico de Gallo, & more salt & pepper, if needed. Serve right away!

Serves 4

To Watch the show visit: 4SistersRice.com

