

Blackened Cobia Recipe

Made with a simple seared blackened cobia recipe, these fish taco bowls are delicious for a healthy weeknight dinner. Substitute cobia with cod or mahi mahi if you can't find it!



5 from 4 votes

Prep Time	Cook Time	Total Time
15 mins	10 mins	25 mins

Course: Dinner Cuisine: American, Cajun

Diet: Diabetic, Gluten Free, Low Calorie, Low Lactose

Servings: 2 people Calories: 378kcal Author: Alicia

Ingredients

Blackened Cobia

- 2 6-8oz cobia fish fillets, skin off
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/8 teaspoon black pepper or cayenne pepper
- 1/2 teaspoon kosher salt
- 1 tablespoon avocado oil

Fish Taco Bowl

- 10 oz package frozen brown or white rice
- 8 oz pre-shredded slaw mix
- 1 sliced mango
- 1 tablespoon distilled white vinegar or lime juice*
- 1/2 teaspoon honey
- 2 teaspoons olive oil
- 1/4 cup mayonnaise
- 1/2-1 teaspoon favorite hot sauce
- Optional: Cilantro, chopped tomatoes, chopped radish

Instructions

1. In a small bowl, mix together the chili powder, garlic powder, paprika, kosher salt, and pepper. Pat both sides of the cobia with the spice mixture.
2. Using a large pan, heat avocado oil over medium high heat. When oil is shimmering and hot, add the seasoned cobia and sear for 4-5 minutes, until blackened and crispy. Flip and

cook another 3-4 minutes until blackened and cooked through.

3. Meanwhile, whisk together the vinegar, honey, and olive oil in a large bowl. Toss in slaw mixture and stir till slaw is well-coated. Place in the fridge. The slaw will soften over the next 10-15 minutes.
4. Mix together the mayonnaise and hot sauce and taste, adding more hot sauce for more spice. In a large bowl, place the rice and slaw at the bottom, serve the cobia fillet on top with mango, spicy mayo, and whatever other additions you like.

Notes

- Cobia can be substituted with cod, mahi mahi, or halibut. Some of these, like cod or halibut, may have a thicker fillet and will need to cook for longer. 145 degrees fahrenheit/ 63 celcius is what is recommended.
- **To air fry cobia** - oil the grates of your air fryer and place the seasoned cobia fillet on top. Air fry the cobia fillet at 400 degrees for about 8-10 minutes, depending on the thickness.
- If you decide to **cut the cobia into cubes**, air fry at 400 degrees Fahrenheit for roughly 5-6 minutes.
- For **migraine elimination diet**, use distilled white vinegar instead of lime juice.
- Suggested hot sauces are **Sriracha**, Cholula, or Franks.

Nutrition

Calories: 378kcal | Carbohydrates: 38g | Protein: 30g | Fat: 16g | Saturated Fat: 2g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 8g | Trans Fat: 0.01g | Cholesterol: 5mg | Sodium: 870mg | Potassium: 336mg | Fiber: 5g | Sugar: 6g | Vitamin A: 1217IU | Vitamin C: 42mg | Calcium: 72mg | Iron: 2mg