

Quick Pickled Fish with Saladitas

Ingredients

- 6 oz Saladitas
- 1 lb tilapia
- 3/4 cup olive oil
- 1 tsp black pepper
- 1 clove garlic
- 1/2 diced onion
- 1/2 cup water
- 2 tsp salt
- 1/2 cup cooked carrots
- 1/4 cup white wine vinegar
- 1 lemon
- 1 tsp thyme
- 3 leaves bay leaf
- 1/2 tbsp paprika
- 1 jalapeño pepper

How to make it

1. Heat oil in a large saucepan over medium-high heat.
2. Add the onion, black pepper and jalapeño, let it cook for 3 minutes and add the water, vinegar and salt.
3. Then add carrots, tilapia, sliced lemon and the aromatics (garlic, thyme , bay leaf, paprika). Let boil for about 5 minutes and remove from heat to cool completely.
4. Add pickled fish to sterilized jars and cover completely with oil. Serve cold and enjoy with Saladitas crackers.



PREP
TIME
5 min



COOK
TIME
10 min



TOTAL
TIME
15 min



SERVINGS
2

Made with



Saladitas