

# Seafood Charlie Recipe

## Grilled Fish Tacos with Seasoned Sour Cream

A Seafood Charlie Recipe

Prep: 15 minutes

Cook: 6 minutes

Serves: 4

### Ingredients

1/2 cup sour cream

2 tablespoons favorite seafood seasoning or rub.

1 1/4 pounds tilapia fillets

2 teaspoons vegetable oil

8 soft taco flour tortillas

1 medium avocado, chopped

1 cup cherry tomatoes, quartered.

### Recipe

1. Heat grill pan over medium heat. In small bowl, stir sour cream and 1 1/2 teaspoons seafood seasoning.

2. Coat tilapia with oil; sprinkle with remaining 1 1/2 tablespoons seafood seasoning. Place tilapia in pan; cook 6 minutes or until internal temperature reaches 145 degrees, turning once halfway through cooking. Transfer tilapia to plate; loosely cover with aluminum foil and let stand 5 minutes.

3. Cut tilapia into 1-inch pieces. Fill tortillas with tilapia, avocado and tomatoes; evenly top with Seasoned Sour Cream.