

Quick Pickled Fish with Saladitas

Ingredients

- 6 oz Saladitas
- 1 lb Tilapia
- 3/4 cup Olive oil
- 1 teaspoon Black pepper
- 1 clove Garlic
- 1/2 Diced onion
- 1/2 cup Water
- 2 teaspoon Salt
- 1/2 cup Cooked carrots
- 1/4 cup White wine vinegar
- 1 Lemon
- 1 teaspoon Thyme
- 3 leaves Bay leaf
- 1/2 Tablespoon Paprika
- 1 pepper 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

-



COOK
TIME

-



TOTAL
TIME

-



SERVING

-

Made with



Saladitas