

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	COOK TIME	TOTAL TIME	SERVINGS
5 min	10 min	15 min	2

Made with



Saladitas