

Quick Crumbed Fish Tacos


with Charred Pineapple Salsa & Zesty Slaw

Grab your Meal Kit with this symbol



-  Pineapple Slices
-  Lemon
-  Smooth Dory Fillets
-  Super Slaw
-  Mayonnaise
-  Panko Breadcrumbs
-  Aussie Spice Blend
-  Mini Flour Tortillas
-  Coriander
-  Chicken Breast

Prep in: **20-30 mins**
Ready in: **25-35 mins**

 Eat Me First

It's the freshness of the ocean wrapped up in a taco, it can't get any better. Oh wait, it can because we're crumbing these dory fillets with a smokey Aussie spice mix. Bring it back to the beach with a pineapple salsa and these tacos are very hard to beat.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pineapple slices	1 tin	2 tins
lemon	½	1
smooth dory fillets	1 packet	2 packets
super slaw	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
mini flour tortillas	6	12
coriander	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3172kJ (758Cal)	590kJ (141Cal)
Protein (g)	33.6g	6.3g
Fat, total (g)	26.4g	4.9g
- saturated (g)	6.7g	1.2g
Carbohydrate (g)	89.5g	16.7g
- sugars (g)	20.3g	3.8g
Sodium (mg)	1280mg	238mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3437kJ (821Cal)	617kJ (147Cal)
Protein (g)	51.1g	9.2g
Fat, total (g)	25.9g	4.6g
- saturated (g)	7.6g	1.4g
Carbohydrate (g)	89.8g	16.1g
- sugars (g)	19.9g	3.6g
Sodium (mg)	1270mg	228mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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1



Get prepped

- Drain **pineapple slices**.
- Heat a large frying pan over high heat. Cook **pineapple** until lightly charred, **2-3 minutes** each side. Transfer to a plate, then roughly chop.
- Meanwhile, zest **lemon** to get a pinch, then slice into wedges.
- Discard any liquid from **smooth dory fillet** packaging. Slice **fish** into 2cm-thick strips.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm strips.

3



Crumb & cook the fish

- In a shallow bowl, add the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **Aussie spice blend**.
- Gently coat **fish** first in the **flour mixture**, followed by the **egg** and finally the **breadcrumb mixture**.
- Return the frying pan to medium-high heat with enough **olive oil** to cover the base. Cook **crumbed fish** in batches until golden and cooked through, **3-4 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: Crumb chicken as above. Heat the pan and oil as above. Cook chicken in batches, turning occasionally, until browned and cooked through, 3-4 minutes. Transfer to a paper towel-lined plate.

2



Make the salsa & slaw

- In a small bowl, combine charred **pineapple**, a squeeze of **lemon juice**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside.
- In a medium bowl, combine **super slaw**, **mayonnaise**, **lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.

4



Serve up

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- Bring everything to the table to serve.
- Top tortillas with crumbed fish, charred pineapple salsa and zesty slaw.
- Tear over **coriander**. Serve with any remaining lemon wedges. Enjoy!

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