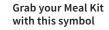


Quick Crumbed Fish Tacos with Pineapple Salsa & Zesty Slaw

NEW

CLIMATE SUPERSTAR









Pineapple Slices





Mayonnaise

Panko Breadcrumbs





Mini Flour Tortillas

Aussie Spice



Coriander

Smooth Dory

Fillets



Shredded Cabbage



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Eat Me First

Prep in: 20-30 mins

Ready in: 25-35 mins

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.

Pantry items Olive Oil, Plain Flour, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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	1/2	1
smooth dory fillets	1 packet	2 packets
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
plain flour*	2 tbs	1/4 cup
egg*	1	2
panko breadcrumbs	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
mini flour tortillas	6	12
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3163kJ (756Cal)	588kJ (141Cal)
Protein (g)	34.1g	6.3g
Fat, total (g)	26.6g	4.9g
- saturated (g)	6.7g	1.2g
Carbohydrate (g)	88.1g	16.4g
- sugars (g)	20g	3.7g
Sodium (mg)	1327mg	247mg

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.



Char the pineapple

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



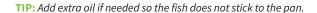
Make the salsa & slaw

- 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 shredded cabbage mix, mayonnaise, lemon zest, a squeeze of lemon juice and a drizzle of olive oil. Season to taste.



Cook the crumbed 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.
- Coat fish strips in the flour mixture, followed by the egg and finally the breadcrumb mixture. Transfer to a plate.
- Return the frying pan to medium-high heat with enough olive oil to cover the base of the pan.
- Cook crumbed fish in batches until golden and cooked through,
 2-4 minutes each side. Transfer to a paper towel-lined plate.





Serve up

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

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate



Scan here if you have any questions or concerns