



Quick Crumbed Fish Tacos

with Pineapple Salsa & Zesty Slaw

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pineapple Slices



Lemon



Mayonnaise



Panko Breadcrumbs



Aussie Spice Blend



Mini Flour Tortillas



Coriander



Smooth Dory Fillets



Shredded Cabbage Mix



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!

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.

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	½	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	¼ 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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW44



1



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.

3



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.

TIP: Add extra oil if needed so the fish does not stick to the pan.

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 **shredded cabbage mix**, **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 table to serve.
- Top tortillas with crumbed fish, pineapple salsa and zesty slaw.
- Tear over **coriander**. Serve with any remaining lemon wedges. Enjoy!

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