

# Quick Crumbed Fish Tacos

with Cucumber Salsa & Zesty Slaw

Grab your Meal Kit with this symbol



Cucumber



Lemon



Mayonnaise



Panko Breadcrumbs



Aussie Spice Blend



Mini Flour Tortillas



Coriander



Smooth Dory Fillets



Shredded Cabbage Mix




Chicken Breast Strips



### Recipe Update

The recent weather conditions across New Zealand have 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

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

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 cucumber salsa and these tacos are very hard to beat.

### 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
<b>olive oil*</b>	refer to method	refer to method
cucumber	1	2
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
<b>plain flour*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 sachet	1 sachet
mini flour tortillas	6	12
coriander	1 bag	1 bag
chicken breast strips**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## 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

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3430kJ (820Cal)	615kJ (147Cal)
Protein (g)	50.9g	9.1g
Fat, total (g)	26.1g	4.7g
- saturated (g)	7.6g	1.4g
Carbohydrate (g)	87.7g	15.7g
- sugars (g)	19.6g	3.5g
Sodium (mg)	1301mg	233mg

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](https://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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## Get prepped

- Roughly chop **cucumber**. Zest **lemon** to get a pinch, then slice into wedges.
- Discard any liquid from **smooth dory fillet** packaging. Slice **fish** into 2cm-thick strips.



## 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**.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. 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.

**Custom Recipe:** If you've swapped to chicken strips, crumb chicken as above. Heat pan as above. Cook chicken in batches, tossing occasionally, until browned and cooked through, 3-4 minutes. Transfer to a paper towel-lined plate.



## Make the salsa & slaw

- In a small bowl, combine **cucumber**, 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.



## 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 zesty slaw, cucumber salsa and crumbed fish.
- 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](https://hellofresh.co.nz/rate)