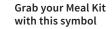
Quick Crumbed Fish Tacos with Cucumber Salsa & Zesty Slaw















Mayonnaise



Mini Flour

Tortillas

Smooth Dory





Aussie Spice Blend





Coriander



Shredded Cabbage



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 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

3		
	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
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	⅓ cup
egg*	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 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

2023 | CW11





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