



Quick Crumbed Fish Tacos

with Cucumber Salsa & Zesty Slaw

Grab your Meal Kit with this symbol



Cucumber



Lemon



Smooth Dory Fillets



Shredded Cabbage Mix



Mayonnaise



Panko Breadcrumbs



Aussie Spice Blend



Mini Flour Tortillas



Coriander



Chicken Breast Strips

Recipe Update

Unfortunately, this week's pineapple was in short supply, so we've replaced it with cucumber. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: **20-30 mins**
Ready in: **35-45 mins**

Eat Me First

It's the freshness of the ocean wrapped in a taco, it can't get any better. Oh wait, it can because we're crumbing these dory fillets with a smoky Aussie spice mix. Bring it back to the beach with a refreshing cucumber 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
cucumber	1 (medium)	1 (large)
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	½ large 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)	3173kJ (758Cal)	590kJ (141Cal)
Protein (g)	33.7g	6.3g
Fat, total (g)	26.5g	4.9g
- saturated (g)	6.7g	1.2g
Carbohydrate (g)	89.1g	16.6g
- sugars (g)	21.8g	4.1g
Sodium (mg)	1327mg	247mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3440kJ (822Cal)	617kJ (147Cal)
Protein (g)	50.5g	9.1g
Fat, total (g)	26g	4.7g
- saturated (g)	7.6g	1.4g
Carbohydrate (g)	88.7g	15.9g
- sugars (g)	21.4g	3.8g
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

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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.



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** (see ingredients) and **Aussie spice blend**.
- Gently 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.

Custom Recipe: If you've swapped from fish to chicken breast strips, crumb chicken as above. Cook crumbed chicken in batches until golden and cooked through, 3-5 minutes each side. 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

- While the fish is cooking, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- Top tortillas with cucumber salsa, zesty slaw and crumbed fish.
- Tear over **coriander**. Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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