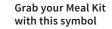
Quick Crumbed Fish Tacos with Cucumber Salsa & Zesty Slaw













Smooth Dory





Panko Breadcrumbs





Mayonnaise



Aussie Spice



Blend



Coriander



Tortillas

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 smokey Aussie spice mix. Bring it back to the beach with a refreshing cucumber salsa and these tacos are very hard to beat.



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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
cucumber	1 (medium)	1 (large)	
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	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!