

Quick Crumbed Fish Tacos

with Charred Pineapple Salsa & Zesty Slaw

Grab your Meal Kit with this symbol



-  Pineapple Slices
-  Lemon
-  Spring Onion
-  Smooth Dory Fillets
-  Shredded Cabbage Mix
-  Mayonnaise
-  Panko Breadcrumbs
-  Aussie Spice Blend
-  Mini Flour Tortillas
-  Chicken Breast Strips

Recipe Update

Unfortunately, this week's coriander was in short supply, so we've replaced it with spring onion. 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: **25-35 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 tropical 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
pineapple slices	1 tin	2 tins
lemon	½	1
spring onion	½ stem	1 stem
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 medium packet	1 large packet
Aussie spice blend	1 sachet	1 sachet
mini flour tortillas	6	12
chicken breast strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3192kJ (763Cal)	594kJ (142Cal)
Protein (g)	33.6g	6.3g
Fat, total (g)	26.4g	4.9g
- saturated (g)	6.7g	1.2g
Carbohydrate (g)	90.6g	16.9g
- sugars (g)	21.6g	4g
Sodium (mg)	1280mg	238mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3459kJ (827Cal)	620kJ (148Cal)
Protein (g)	50.4g	9g
Fat, total (g)	26g	4.7g
- saturated (g)	7.6g	1.4g
Carbohydrate (g)	90.2g	16.2g
- sugars (g)	21.1g	3.8g
Sodium (mg)	1253mg	225mg

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 | CW21



1



Get prepped

- Drain **pineapple slices**.
- Heat a large frying pan over high heat. Cook **pineapple** until lightly charred, **2-3 minutes** each side. Transfer to a plate, then roughly chop.
- Meanwhile, zest **lemon** to get a pinch, then slice into wedges. Thinly slice **spring onion** (see ingredients).
- Discard any **liquid** from **smooth dory fillet** packaging. Slice **fish** into 2cm-thick strips.

3



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** and **Aussie spice blend**.
- Gently coat **fish** first in the **flour mixture**, followed by the **egg** and finally the **breadcrumb mixture**.
- Return the frying pan to 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 to chicken strips, crumb chicken as above. Heat the pan and oil as above. Cook chicken in batches, turning occasionally, until browned and cooked through, 3-4 minutes. Transfer to a paper towel-lined plate.

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 the table to serve.
- Top tortillas with zesty slaw, charred pineapple salsa and crumbed fish.
- Sprinkle over spring onion. Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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