



MEXICAN SMOKEY FISH TACOS

with Charred Corn & Rainbow Slaw



Toss fish in spiced flour for extra flavour



Carrot



Sweetcorn



Coriander



Tomato



White Fish Fillets



Shredded Red Cabbage



Mexican Fiesta Spice Blend



Mini Flour Tortillas



Smokey Aioli



Hands-on: 20 mins
Ready in: 25 mins



Spicy (Mexican Fiesta spice blend)

F



Eat me first

Pull up next to a beach in Mexico and you'll undoubtedly smell the delicious aromas of fish tacos. This homemade version might be missing the ocean breeze, but still maintains the spicy, zingy and fresh flavours of the original creation.

Pantry Staples: Olive Oil, Vinegar (White Wine Or Red Wine), Plain Flour

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan** with a lid



1 GET PREPPED

Grate the **carrot** (unpeeled). Drain the **sweetcorn** (see ingredients list). Roughly chop the **coriander**. Roughly chop the **tomato**. Slice the **white fish fillets** into 2cm thick strips.



2 DRESS THE SLAW

In a medium bowl, combine the **vinegar**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Add the **shredded red cabbage** and grated **carrot**. Just before serving, toss to coat. **TIP:** Tossing just before serving will help keep the cabbage crisp.



3 CHAR THE CORN

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing occasionally, until golden and lightly charred, **4-5 minutes**. **TIP:** Cover the pan with a lid or foil if the kernels are jumping out. Transfer to a small bowl.



4 COOK THE FISH

In a shallow bowl, combine the **Mexican Fiesta spice blend**, **plain flour**, the **salt** and a **pinch of pepper**. **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add the **fish strips** and gently toss to coat in the spiced flour. Return the frying pan to a medium-high heat with a **good drizzle of olive oil**. When the oil is hot, add the fish and cook until golden and just cooked through, **2-3 minutes** each side. **TIP:** The fish is cooked through when the centre turns from translucent to white.



5 HEAT THE TORTILLAS

While the fish is cooking, heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, or until warmed through.



6 SERVE UP

Bring everything to the table. Build your tacos by spreading some **smokey aioli** onto the base of a tortilla and topping with some dressed slaw, tomato and fish. Top with the charred corn and the coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
sweetcorn	½ tin (150 g)	1 tin (300 g)
coriander	1 bunch	1 bunch
tomato	1	2
white fish fillets	1 packet	1 packet
vinegar* (white wine or red wine)	2 tsp	4 tsp
shredded red cabbage	1 bag (150 g)	1 bag (300 g)
Mexican Fiesta spice blend	1 sachet	2 sachets
plain flour*	2 tsp	4 tsp
salt*	¼ tsp	½ tsp
mini flour tortillas	6	12
smokey aioli	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2790kJ (667Cal)	594kJ (142Cal)
Protein (g)	39.3g	8.4g
Fat, total (g)	28.8g	6.1g
- saturated (g)	3.0g	0.6g
Carbohydrate (g)	57.8g	12.3g
- sugars (g)	11.5g	2.5g
Sodium (g)	1680mg	357mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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