

## Fish Tacos with Crunchy Slaw & Mango Mayo

Nothing fits the brief for colourful, convenient eating more than a taco – with crispy fish inside no less! The real star of this dish is the mayonnaise from Roza's. There's a hint of sweet mango amidst the expected tang of mayonnaise. Douse these tacos in a good squeeze of lemon and your family will be in for a sweet ride.



Prep: 15 mins Cook: 10 mins Total: 25 mins

spicy



level 1



**Pantry Items** 





Olive Oil





Mini Flour







Mexican Spice



Mango Mayonnaise





Long Red Chilli

2P	4P	Ingredients	
2 cups	4 cups	finely sliced red cabbage	
1 ½ tbs	3 tbs	olive oil *	
1/2	1	lemon, juiced	
1 tbs	2 tbs	plain flour *	
1/4 sachet	½ sachet	Mexican spice mix (recommended amount)	
2 fillets	4 fillets	ling, cut into strips	
4	8	mini flour tortillas (recommended amount)	
½ bunch	1 bunch	coriander, leaves picked	
2 tbs	4 tbs	mango mayonnaise (recommended amount)	
1	2	long red chilli, finely sliced	

	Ingredient features in another recipe					
<u> </u>	* Pantry Items					
	Pre-preparation					
	Nutrition per serve Energy 3190 Kj					
<u>Δ</u>	Protein	44.5	g			
	Fat, total	33.4	g			
	-saturated	4	g			
	Carbohydrate	65.9	g			
	-sugars	7.2	g			

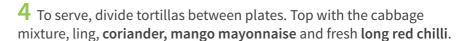
Sodium



You will need: chef's knife, chopping board, large bowl, plastic bag, medium bowl, medium frying pan, tongs, plate and paper towel.

- 1 Combine the red cabbage, half of the olive oil and the lemon juice in a large bowl. Season with salt and pepper and set aside.
- 2 Combine the plain flour, Mexican spice mix and a pinch of salt in a plastic bag. Add the ling to the plastic bag and carefully toss to coat well. Heat the remaining olive oil in a medium frying pan over a medium-high heat. Add the ling strips and cook for 4-5 minutes, turning or until golden and cooked through.











Did you know? Mangos originated in India and have been enjoyed for over 5000 years.