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hello@hellofresh.com.au | (02) 8188 8722

WK45
2016



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



level 1



spicy

Pantry Items



Olive Oil



Plain Flour



Red Cabbage



Lemon



Mexican Spice Mix



Ling



Mini Flour Tortillas



Coriander



Mango Mayonnaise




Long Red Chilli

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2P	4P	Ingredients
2 cups	4 cups	finely sliced red cabbage 
1 ½ tbs	3 tbs	olive oil *
½	1	lemon, juiced 
1 tbs	2 tbs	plain flour *
¼ 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

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3190	Kj
Protein	44.5	g
Fat, total	33.4	g
-saturated	4	g
Carbohydrate	65.9	g
-sugars	7.2	g
Sodium	857	mg



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.

3 Meanwhile, heat the **mini flour tortillas** in a microwave or sandwich press.

4 To serve, divide tortillas between plates. Top with the cabbage mixture, ling, **coriander**, **mango mayonnaise** and fresh **long red chilli**.



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