



AMERICAN FISH TACOS

with Tomato Salsa & Coriander Yoghurt



Make an American-style spiced taco



Tomato



Cucumber



Red Onion



Carrot



Coriander



White Fish Fillets



All-American Spice Blend



Greek Yoghurt



Mini Flour Tortillas



Rocket Leaves

Hands-on: 15 mins
Ready in: 20 mins

Eat me first

We were inspired by the original flavours of the Californian coast with this smokey American spice-coated fish. Top it off with a refreshing coriander yoghurt and a zesty homemade salsa to bring it all together and these tacos will make for an exciting dinner.

Pantry Staples: Olive Oil, White Wine Vinegar, 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**



1 GET PREPPED

Finely chop the **tomato** and **cucumber**. Finely chop the **red onion** (see ingredients list). **TIP:** *The onion goes in the salsa, but if you're not a fan of raw onion, thinly slice and cook it with the fish instead.* Grate the **carrot** (unpeeled). Finely chop the **coriander**. Slice the **white fish fillets** into 2cm strips.



2 MAKE THE SALSA

In a medium bowl, combine the **tomato, cucumber, onion, carrot** and **1/2** the **coriander** with the **white wine vinegar** and a **drizzle of olive oil**. Season to taste with **salt** and **pepper** and stir to combine. Set aside.



3 COAT THE FISH

On a plate, combine the **All-American spice blend, plain flour, the salt** and a **pinch of pepper**. Pat the **fish strips** dry with paper towel, then add to the flour mixture and turn to coat. Transfer to a clean plate. **TIP:** *Patting the fish dry before crumbing helps the spiced flour form an even coating.*



4 COOK THE FISH

Heat a **generous drizzle of olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add the **fish** and cook until golden and cooked through, **2-3 minutes** on each side. **TIP:** *The fish is cooked through when it turns from translucent to white.*



5 MAKE THE CORIANDER YOGHURT

While the fish is cooking, combine the **Greek yoghurt** and **remaining coriander** in a small bowl. Season to taste with **salt** and **pepper**. Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



6 SERVE UP

Bring everything to the table to serve. Build your tacos by adding some of the **rocket leaves** and **American-spiced fish** to the tortillas, then top with some **tomato salsa** and **coriander yoghurt**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
tomato	1	2
cucumber	1	2
red onion	½	1
carrot	1	2
coriander	1 bunch	1 bunch
white fish fillets	1 packet	1 packet
white wine vinegar*	½ tsp	1 tsp
All-American spice blend	1 sachet	2 sachets
plain flour*	2 tsp	4 tsp
salt*	¼ tsp	½ tsp
Greek yoghurt	1 packet (100 g)	2 packets (200 g)
mini flour tortillas	6	12
rocket leaves	1 bag (30 g)	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2780kJ (633Cal)	471kJ (113Cal)
Protein (g)	40.6g	6.9g
Fat, total (g)	26.0g	4.4g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	60.9g	10.3g
- sugars (g)	16.1g	2.7g
Sodium (g)	1950mg	331mg

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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