



Everything
But The Chef

hello@hellofresh.com.au

02 81 888 722

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Summer Barramundi Tacos with Mango Mayonnaise

The beauty of Summer in Australia lies in the accessibility and convenience of swimming all day and watching the sunset, drink in hand, tasty meal in the other. Nothing fits this brief 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 lime and your family will be in for a sweet ride.

Prep: 15 mins
Cook: 15 mins
Total: 30 mins

level 1
 lactose free
 spicy
 seafood first
 helping hands

Pantry Items



Olive Oil Plain Flour



Red Cabbage



Lime



Cumin



Barramundi Fillets



Mini Tortillas



Coriander



Mango Mayonnaise



Long Red Chilli

Qty	Ingredients	
4 cups	finely sliced red cabbage	A
3 tbs	olive oil *	
1	lime, cut into wedges	
2 tbs	plain flour *	
2 tsp	cumin	
600 g	barramundi fillets, cut into strips	B
8	mini tortillas	
½ bunch	coriander, leaves picked	⊕
1 tub	mango mayonnaise	
1	long red chilli, finely sliced (optional)	C

⊕ May feature in another recipe

* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	3220	Kj
Protein	44.7	g
Fat, total	34.4	g
-saturated	4.5	g
Carbohydrate	65.7	g
-sugars	6.9	g
Sodium	691	mg



A

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

1 Combine the **red cabbage**, half of the **olive oil** and juice of half of the **lime wedges** in a large bowl. Season with **salt** and **pepper** and set aside.

2 Combine the **plain flour**, **cumin** and a pinch of salt in a plastic bag. Add the **barramundi fillets** 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 barramundi in two batches and cook for **4-5 minutes**, turning or until golden and cooked through.

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

4 Divide the tortillas between plates. Top with the cabbage mixture, barramundi, **coriander**, **mango mayonnaise** and fresh **chilli**. Serve with the remaining lime wedges.



B



C



1

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