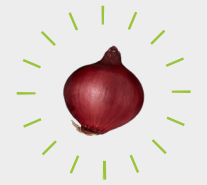




# BAJA FISH TACOS

with Quick Pickled Onion & Creamy Coconut Chilli Mayo



Master quick pickled onions



Red Onion



White Fish Fillets



Cos Lettuce



Cucumber



Coconut Chilli Mayonnaise



Mexican Fiesta Spice Blend



Mini Flour Tortillas

Hands-on: **20 mins**  
Ready in: **25 mins**

Eat me early

Spicy (coconut chilli mayonnaise)

Transport yourself to a beautiful Mexican beach, where the ocean is blue and the fish tacos are delicious. OK, we may not have packed the ocean in your box, but these bright and zingy tacos with lightly spiced fish, creamy coconut mayonnaise and quick pickled onions will make your weeknight dinners feel like a vacation!

**Pantry Staples:** Olive Oil, White Wine Vinegar, Sugar, Plain Flour

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, two small bowls, spoon, plate, large frying pan, spatula** and a **sandwich press** or **microwave**.



## 1 PICKLE THE RED ONION

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the red onion, **white wine vinegar, water (for the pickle), sugar** and **salt (for the pickle)**. Stir well to coat the onion in the liquid and set aside. Drain the liquid just before serving.

**TIP:** If you don't like pickled onion, feel free to just thinly slice and pan-fry it for 3-4 minutes after cooking the fish in step 4.



## 2 GET PREPPED

Cut the **white fish fillets** into 2cm strips. Shred the **cos lettuce**. Finely chop the **cucumber**.



## 3 MAKE THE MAYONNAISE DRIZZLE

In a small bowl, combine the **coconut chilli mayonnaise** and the **water (for the sauce)**. **TIP:** Adding the water will loosen the mayo to make it easier to drizzle.



## 4 COOK THE FISH

On a plate, mix the **Mexican Fiesta spice blend, plain flour** and **salt (for the fish)** and season with a **pinch of pepper**. **TIP:** If you'd like less heat, substitute some of the spice blend for more flour! Add the **white fish fillet** strips and turn to coat in the spiced flour. Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Once hot, add the fish and cook for **2-3 minutes** on each side, or until golden and cooked through. **TIP:** Ling is a firm fish, we've chosen it as it doesn't break up much in the pan! **TIP:** The fish is cooked through when it turns from translucent to white.



## 5 HEAT THE TORTILLAS

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

Serve everything on the table. Build your tacos by adding some cos lettuce and fish to a tortilla. Add the diced cucumber and pickled onion and drizzle over some of the creamy coconut chilli mayonnaise.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	½	1
white wine vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
sugar*	2 tsp	1 tbs
salt* (for the pickle)	¼ tsp	½ tsp
white fish fillets	1 packet	1 packet
cos lettuce	1 head	2 heads
cucumber	1	2
coconut chilli mayonnaise	1 tub (50 g)	1 tub (100 g)
water* (for the sauce)	2 tsp	1 tbs
Mexican Fiesta spice blend	2 sachets	4 sachet
plain flour*	1 ½ tbs	3 tbs
salt* (for the fish)	¼ tsp	½ tsp
mini flour tortillas	6	12

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2780kJ (665Cal)	532kJ (127Cal)
Protein (g)	40.8g	7.8g
Fat, total (g)	26.4g	5.1g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	61.4g	11.7g
- sugars (g)	13.0g	2.5g
Sodium (g)	3790mg	725mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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