



# BUILD YOUR OWN MEDITERRANEAN FISH TACOS

with Salad and Mango Mayo



Cook fish tacos at home



Lemon



Cos Lettuce



Carrot



Garlic



Cucumber



Cod



Mini Flour Tortillas



Mango Mayonnaise



Oregano Citrus Spice Blend



Hands-on: 25 mins

Ready in: 30 mins



Eat me early

This Mediterranean twist on a Mexican favourite delivers the perfect parcel of zest, crunch and mango mayo. It's like Summer got all wrapped up and delivered to you in the form of a warm and juicy taco!

**Pantry Staples:** Olive Oil



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **garlic crusher**, **large bowl**, **box grater**, **large frying pan**, **spatula** and a **sandwich press** or **microwave**.



### 1 GET PREPPED

Peel and crush the **garlic**. Slice the **lemon** into wedges and juice to get **1 tbs**. Slice the **cod** fillets lengthways into 2 cm wide strips.



### 2 ADD FLAVOUR TO THE FISH

In a large bowl, combine the **oregano citrus spice blend**, **garlic**, **salt** (use suggested amount), **lemon juice**, a good drizzle of **olive oil** and a pinch of **pepper**. Add the **cod** and gently toss to coat.

**TIP:** The cod is a very delicate fish, so be careful. Don't worry too much if some flakes off!



### 3 CONTINUE PREPPING

Grate the **carrot** (unpeeled). Finely dice the **cucumber**. Finely slice the **cos lettuce**.



### 4 COOK THE FISH

Heat a drizzle of **olive oil** in a large frying pan. Add the **cod** and cook for **2-3 minutes** on each side, or until golden and cooked through.

**TIP:** Don't worry if the fish breaks up in the pan!



### 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

Bring everything to the table to serve. Top each tortilla with the carrot, cucumber, shredded lettuce and cod. Drizzle over the **mango mayonnaise** and any remaining pan juices. Serve any remaining lemon wedges on the side.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
lemon	1
cod	1 packet
oregano citrus spice blend	2 sachets (3 tbs)
salt*	½ tsp
carrot	2
cucumber	1
cos lettuce	1 head
mini flour tortillas	12
mango mayonnaise	1 tub (150 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2610kJ (622Cal)	642kJ (153Cal)
Protein (g)	37.6g	9.3g
Fat, total (g)	27.0g	6.7g
- saturated (g)	2.9g	0.7g
Carbohydrate (g)	53.2g	13.1g
- sugars (g)	10.0g	2.5g
Sodium (g)	1120mg	276mg

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

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