

### **BUILD YOUR OWN MEDITERRANEAN FISH TACOS**

with Salad and Mango Mayo





Cook fish tacos at home







Cos Lettuce









Cucumber



Mini Flour Tortillas

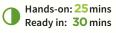


Mango Mayonnaise



Oregano Citrus Spice Blend

Pantry Staples: Olive Oil





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!

# 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.



**TENDET**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.



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!



Heat the mini flour tortillas in a sandwich press or on a plate in the microwave for **10 second** bursts, or until warmed through.



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!**

## 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	<b>1 tub</b> (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** 

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