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Summer Fish Tacos with Mango Mayonnaise & Coriander

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! Watch out for a hint of sweet mango amidst the expected tang of mayonnaise.

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

 level 1
 eat me early

 spicy

Pantry Items



Olive Oil



Plain Flour



Red Cabbage



Lime



Mild Mexican
Spice Mix



Hoki Fillets



Mini Tortillas



Coriander



Mango
Mayonnaise




Long Red Chili

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QTY	Ingredients	
2 cups	finely sliced red cabbage	
¼ cup	olive oil *	
1	lime, cut into wedges	
2 tbs	plain flour *	
½ sachet	mild Mexican spice mix (recommended amount)	
1 packet	hoki fillets, cut into strips	
1 packet	mini tortillas	
1 bunch	coriander	
1 tub	mango mayonnaise	
1	long red chilli, deseeded & finely sliced (optional)	

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2510	Kj
Protein	32.1	g
Fat, total	28.7	g
-saturated	3.3	g
Carbohydrate	50.5	g
-sugars	5.4	g
Sodium	782	mg



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**, **mild Mexican spice mix** and a pinch of salt in a plastic bag. Add the **hoki 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 hoki 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, hoki fillets, **coriander**, **mango mayonnaise** and fresh **chilli**. Serve with the remaining lime wedges.



Did you know? Mangos originated in India and have been enjoyed for over 5000 years.