

# MARLEY SPOON



## Californian-Style Fish Tacos

with Avocado and Coriander Salsa



20min



4 Portions

Traditionally, Californian-style tacos coat the fish in a batter, but we've made ours lighter and healthier by tossing it in spices and pan-frying. Rolled in warm wraps with an antioxidant-rich avocado, tomato and coriander salsa, it's fabulous DIY family fare.

## What we send

- mexican spice blend
- white fish fillet <sup>4</sup>
- avocado
- cucumber, tomato
- coriander
- wraps <sup>1,6,7</sup>

## What you'll require

- olive oil
- sea salt and pepper
- white wine vinegar <sup>17</sup>

## Utensils

- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

### Cooking tip

Occasionally fish has a slight odour from being in the packaging. The fish cooking time may vary according to thickness of the fillet.

### Allergens

Gluten (1), Fish (4), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

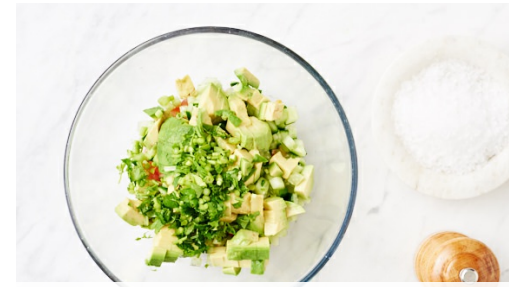
### Nutrition per serving

Energy 645.0kcal, Fat 33.0g, Proteins 32.7g, Carbs 49.9g



### 1. Prepare vegetables

Finely chop the **cucumbers** and **tomatoes**. Finely chop the **avocado**, discarding the skin and stone. Finely chop the **coriander**, including the stems.



### 2. Make salsa

Combine the **cucumber, tomato, avocado, coriander, 1 tbs olive oil** and **1 tbs white vinegar** in a bowl. Season well with **salt and pepper**.



### 3. Marinate fish

Combine the **Mexican seasoning** and **1 tbs olive oil** in a large bowl. Add the **fish** (see cooking tip) and turn to coat well.



### 4. Cook fish

Heat a large frypan over medium-high heat. Cook the **fish** for 2 mins each side or until just cooked through. Remove the fish and reserve the pan.



### 5. Warm wraps

Wipe the pan clean, then heat over medium heat. Toast the **wraps**, one at a time, in the pan for 30 secs each side or until warmed through.



### 6. Flake fish

Using a fork, flake the **fish** into large chunks. Divide the **salsa** and **fish** among the **wraps** to serve.