



Fish and Black Bean Tacos

with Sriracha Sauce

 20min  2 Portions

Looking for a fast fish fix? Coat cod fillets in a Mexican spice blend and cook until charred. While that's cooking, whip up a vibrant corn and black bean salad to then pile onto lightly warmed wraps before drizzling with chilli sauce. A speedy, crowd-pleasing taste sensation: tick, tick, tick!

What we send

- sriracha hot chilli sauce ¹⁷
- white fish fillets ⁴
- Mexican spice blend
- carrot
- zucchini
- red onion
- black beans
- lime
- corn kernels
- flour wraps ^{1,6,7}

What you'll require

- olive oil
- sea salt and pepper

Utensils

- large frypan
- medium frypan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

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 650kcal, Fat 16.8g, Carbs 70.1g, Proteins 39.9g



1. Marinate fish

Bring a kettle to the boil. Put the **fish** (see cooking tip) in a shallow bowl, add **1 tsp Mexican spice blend** (the remaining spice blend won't be used in this dish) and rub to coat. Set aside. Put the **corn** in a heatproof bowl and cover with boiling water. Leave for 2 mins, then drain and refresh under cold water. Drain.



4. Cook fish

Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **fish** for 3-4 mins each side until charred and cooked through.



2. Prepare ingredients

Thinly slice **half the onion** (the remaining onion won't be used in this dish). Finely grate the **lime** zest, then juice. Combine the zest, juice and onion in a large bowl. Peel and coarsely grate the **carrot**. Trim and coarsely grate the **zucchini**. Drain and rinse the **black beans**.



5. Warm wraps

Meanwhile, heat a large frypan over medium heat. Warm the **wraps**, one at a time, in frypan for about 30 secs each side. Wrap in a clean tea towel once heated to keep warm.



3. Make salad

Add the **carrot, zucchini, corn** and **black beans** to the **onion mixture**. Season with **salt and pepper** and toss well to combine.



6. Get ready to serve

Divide the **salad** among the wraps. Gently flake over the **fish**. Drizzle with the **chilli sauce** to taste and roll up to serve.