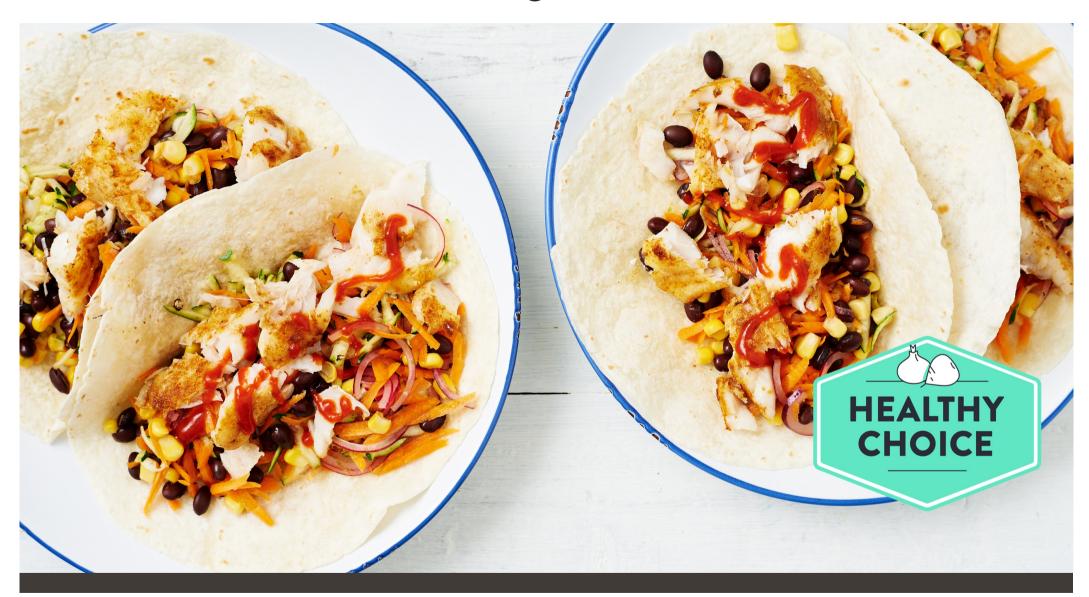
MARLEY SPOON



Fish and Black Bean Tacos

with Sriracha Sauce





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

- carrot. zucchini
- white fish fillets 4
- · Mexican spice blend
- red onion
- black beans
- corn kernels
- flour wraps 1,6,7
- limes
- sriracha hot chilli sauce 17

What you'll require

- olive oil
- sea salt and pepper

Utensils

- large 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 16.7q, Carbs 69.6g, Proteins 39.6g



1. Marinate fish

4. Cook fish

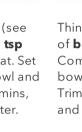
through.

Bring a kettle to the boil. Put the fish (see cooking tip) in a shallow bowl, add 2 tsp Mexican spice blend 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.

Heat 2 tbs olive oil in a large frypan over

medium-high heat. Cook the fish for 3-4

mins each side until charred and cooked





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.



2. Prepare ingredients

Thinly slice the **onion**. Finely grate the zest of **both the limes**, then juice the limes. Combine the zest, juice and onion in a large bowl. Peel and coarsely grate the carrots. Trim and coarsely grate the **zucchini**. Drain and rinse the black beans.



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.

