



## Fish and Black Bean Tacos

with Sriracha Sauce

 20min  4 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

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

## 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 16.7g, Carbs 69.6g, Proteins 39.6g



### 1. Marinate fish

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.



### 4. Cook fish

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 through.



### 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**.



### 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.