

Spicy fish tacos

For an easy supply of fresh, homemade flour tortillas, make them in advance and freeze them – then simply thaw before warming them in a frying pan or on the barbecue. If you prefer small tacos or are making these for children’s small hands, you can make the tortillas half-size and allow two per serve.

SERVES 4

PREP TIME 25 MINUTES

COOKING TIME 25 MINUTES

1 × 300 g blue-eye trevalla fillet
1 teaspoon ground cumin
½ teaspoon mild chilli powder
1 tablespoon lime juice
1 cob sweetcorn, husk and silks removed
olive oil spray, for cooking
4 cups (320 g) finely shredded red cabbage
1 baby cos lettuce, shredded
1 red onion, thinly sliced
2 handfuls coriander leaves, coarsely chopped
4 flour tortillas (see page 292)
½ quantity black bean dip (see page 262)

BAJA SAUCE

½ cup (140 g) reduced-fat natural Greek-style yoghurt
2 teaspoons lime juice
¼ teaspoon mild chilli powder, or to taste
pinch of salt

1. Sprinkle the fish all over with the cumin and chilli powder. Place in a glass bowl and add the lime juice. Set aside for 10–15 minutes to marinate.
2. Meanwhile, heat a barbecue flat-plate or heavy-based frying pan over high heat. Spray the corn lightly with oil and cook on the flat-plate or frying pan, turning occasionally, for 8–10 minutes or until the kernels are lightly charred and tender. Transfer to a plate to cool slightly. Leave the flat-plate or frying pan over a low heat, ready for cooking the fish.
3. Remove the fish from the marinade, shake off any excess liquid, then lightly spray the fillet with oil. Cook on the barbecue flat-plate or frying pan over medium heat for 3–4 minutes on each side or until browned and cooked through. (The cooking time will depend on the thickness of the fillet.) Using a sharp knife, cut the fish into 4 equal portions.
4. Using a large, sharp knife, carefully cut the corn kernels from your cooked cob. Toss the cabbage, lettuce, onion and coriander in a large bowl. Sprinkle with the corn and set aside.
5. For the Baja sauce, combine the yoghurt, lime juice, chilli powder and salt in a small bowl. Cover and set aside until required.
6. Meanwhile, warm the tortillas briefly on the barbecue flat-plate or in a dry non-stick frying pan. Wrap in a clean tea towel to keep them warm and pliable.
7. Top each tortilla with one-quarter of the black bean dip, 1 portion of fish and a dollop of Baja sauce. Add a heaped spoonful of the salad, then fold the tortilla in half and serve immediately with any remaining salad and sauce on the side.

NUTRITIONAL ANALYSIS

TO SERVE 4 (PER SERVE)

ENERGY (KJ) 1290

PROTEIN (G) 28

CARBOHYDRATE (G) 29

SATURATED FAT (G) 2.2

SODIUM (G) 334

FIBRE (G) 10