

FISH TACOS

WITH PICKLED RED ONION



QUICK

15 mins
prep time

HEALTHY

Cod is a great source of lean protein and a good source of omega-3 fatty acids.

FAMILY



Feeds 5

MEALS

This contains everything you need for a healthy meal

INGREDIENTS

- 5 cod fillets
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 2 tsp plain flour
- ½ tsp salt
- Wrap taco/tortilla/romaine lettuce

Yoghurt Sauce

- Juice of 1/2 lime
 - 2 tbs natural yoghurt
- OR just use
- 2 avocados

Carrot Salad

- 1 small red onion
- 4 carrots
- 1 lemon
- 1-2 tbs mayonnaise
- Pinch salt

Pickled Onion

- 2 red onions
- 240 ml vinegar (may need more to cover the onion)
- 2 tsp salt

METHOD

- 1) Thinly slice the onions
- 2) Mix the vinegar and salt in a large jar and add the onions. Pop in the fridge.
- 3) Put the oven on to 200°C (Fan oven)
- 4) Make the spice mix by mixing smoked paprika, ground cumin, flour and salt in a large bowl
- 5) Cube the cod and add to the spices – mix well
- 6) Put fish onto an oven tray and cook for 10 -15 mins
- 7) Make the Carrot Salad by grating the carrots & dicing the onion. Mix with the lemon juice, mayo and salt
- 8) Mix the yoghurt with the lime juice or mush the 2 avocados
- 9) Layer up the wrap; coleslaw, cod, pickled onion, yoghurt sauce
- 10) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com