

FIONA TUCK

NUTRITION WELLNESS YOGA



Quick Fish Tacos with Avocado Lime Sauce

Everyone loves tacos, and these ones couldn't be simpler. The combination of crispy fish and a tangy avocado lime sauce is a match made in heaven.

Ingredients:

200g firm white fish, cut into 2cm wide strips
¼ cup rice flour
Pinch of chilli powder
Pinch of salt
2 tablespoons extra virgin olive oil
8 corn tortillas
1 cup finely sliced red cabbage
¼ cup coriander leaves, roughly chopped
1 lime, cut into wedges
1 small chilli, finely chopped (optional)

Prep: 15 mins

Cook: 3 mins

Serves: 4

Avocado lime sauce

1 avocado
1 tablespoon lime juice
¼ cup natural yoghurt
2 tablespoons aioli (optional)

Directions:

1. Mix together rice flour, chilli powder and salt and spread over a large plate.
 2. Toss fish strips in flour to coat.
 3. Heat oil in a large frying pan over medium-high heat. Fry fish strips for 2-3 minutes on each side until golden brown.
 4. To make avocado lime sauce, place all ingredients in a food processor and process until smooth (alternatively, mash well in a large bowl). Season with salt and pepper.
 5. To assemble tacos, place a handful of cabbage into each tortilla, top with fish strips, avocado lime sauce, coriander and chilli and serve with lime wedges.
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