



hellofresh.com | hello@hellofresh.com



MAR Share your masterpiece! Tag your photos with #HelloFreshPics and share on 2016. You'll be entered into our weekly photo contest!

Feisty Fiesta Fish Tacos

with Grapefruit, Avocado, and Cabbage Slaw

This healthy twist on fish tacos saves both time and calories by skipping the deep-frying. A refreshing combination of grapefruit and cilantro makes this slaw bright and tangy. Avocado gives these tacos a touch of creaminess.

30 min

level 2

make me first

nut free

dairy free



Tilapia



Tortillas



Grapefruit



Shredded Red Cabbage



Avocado



Shallot



Cumin



Cilantro

Ingredients

		2 People	4 People
Tilapia	1)	12 oz	24 oz
Tortillas	2)	6	12
Grapefruit		1	2
Shredded Red Cabbage		4 oz	8 oz
Avocado		1	2
Shallot		1	2
Cumin		1 t	2 t
Cilantro		¼ oz	½ oz
Olive Oil*		1 T	2 T

*Not Included

Allergens

- 1) Fish
- 2) Wheat

Tools

Small Paring Knife,
Large Bowl, Foil, Large Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 660 cal | Fat: 24 g | Sat. Fat: 3 g | Protein: 53 g | Carbs: 68 g | Sugar: 14 g | Sodium: 657 mg | Fiber: 11 g



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 400 degrees. Halve, peel, and thinly slice the **shallot**. Pick the leaves from the **cilantro**, then roughly chop the **stems**, keeping both separate.

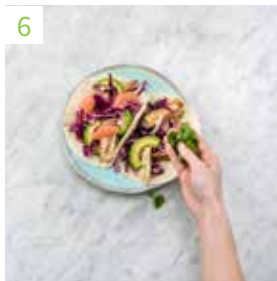


2 Segment the grapefruit: Using a small paring knife, remove and discard the **grapefruit peel** and **pith**, cutting carefully around the flesh. Working over a large bowl, carefully slice between the membranes to release the **grapefruit segments**. Squeeze the inner core of the fruit to collect any remaining juice. Set the **segments** aside, leaving the **juice** in the bowl.



3 Make the cabbage slaw: Toss the **cabbage** into the bowl along with the **cilantro stems**, **shallot**, half the **grapefruit segments**, and a drizzle of **olive oil**. Season with **salt** and **pepper**.

4 Wrap the **tortillas** in foil and place them in the oven to warm. Halve, pit, and peel the **avocado**, then thinly slice. Toss half of the **avocado slices** into the **cabbage slaw**.



5 Cook the tilapia: Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat dry the **tilapia** with a paper towel. Slice it into 1-inch wide sticks. Season liberally with **salt**, **pepper**, and **cumin**. Add the **tilapia** to the pan and cook for 2-3 minutes per side, until golden brown and opaque in the center.

6 Assemble the tacos: Place a piece of **tilapia** and some **cabbage slaw** in each **tortilla**. Top with a piece of **avocado**, a **grapefruit segment**, and some **cilantro leaves**. Serve the extra **cabbage slaw** on the side. Enjoy!