



Cooking Made Easy

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Tempura Fish Tacos

with Avocado Crema & Red Cabbage-Radish Slaw



Airy rice flour and seltzer create a light and crispy batter for these Old Bay-spiced fish tacos. Luscious avocado serves double duty as both a taco filling and creamy slaw dressing. Crispy radish and cabbage add the perfect crunch, while lime finishes off the dish with a pop of bright acidity.

35 min

level 3

nut free



Tilapia Fillets



Rice Flour



Avocado



Radishes



Old Bay



Scallions



Lime



Shredded Red Cabbage



Sour Cream



Cilantro



Flour Tortillas



Seltzer Water

Ingredients

	2 People	4 People
Tilapia Fillets	2	4
Rice Flour	1/3 C	2/3 C
Old Bay	1 T	2 T
Radishes	3	6
Avocado	1	2
Scallions	2	4
Lime	1	2
Shredded Red Cabbage	4 oz	8 oz
Cilantro	1 bunch	2 bunches
Flour Tortillas	4	8
Seltzer Water	1 can	2 cans
Sour Cream	1/2 C	1 C
Oil*	3 T	6 T

*Not Included

Allergens

- 1) Fish
- 2) Wheat
- 3) Milk

Tools

2 Medium Bowls, Small Bowl, Whisk, Large Pan

Nutrition per person Calories: 814 cal | Carbs: 62 g | Fat: 44 g | Protein: 46 g | Fiber: 9 g

Ruler

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1 Preheat oven to 400 degrees (or, if you have a microwave, you can skip this step!) Thinly slice the **radishes**. Thinly slice the **scallions**, keeping the greens and whites separate. Halve the **lime**, then cut half the lime half into wedges.



2 Make the **avocado crema**: halve, pit, and peel the **avocado**. Scoop the flesh into a medium bowl and mash with a fork until smooth. Mix in the **sour cream** and the juice of half a **lime**. Season with **salt** and **pepper**. Set half this mixture aside in a small bowl.



3 Make the **cabbage slaw**: toss the **cabbage**, **radishes**, and **scallion whites** into the **remaining avocado mixture**. Season with **salt** and **pepper** and set aside.



4 Prep the **tilapia fillets**: halve the **tilapia fillets** lengthwise to create four evenly sized strips and season with **half the Old Bay**. In a medium bowl, whisk together the **rice flour**, **remaining Old Bay**, and a large pinch of **salt** and **pepper**. Whisk in 1/2 cup **seltzer water** until smooth.

5 Cook the **tilapia fillets**: heat 1/4-inch **oil** in a large pan over medium-high heat. Add the **tilapia** to the **batter** and toss to coat evenly. When the oil is hot (it should shimmer when pan is tilted), add the tilapia to the pan, being careful not to splash any oil towards you. Cook 2-3 minutes per side, until golden brown and crispy. Set aside on a paper towel-lined plate and immediately sprinkle with **salt** and **pepper**.

6 Wrap the **tortillas** in foil and place in the oven to heat for 5 minutes. Alternately, wrap them in a damp paper towel and microwave on high for 30 seconds.

7 Spread the **tortillas** with **reserved avocado crema** and place one piece of **tilapia** in each. Top with a bit of the **cabbage slaw** and a few **cilantro sprigs**. Serve with **lime wedges**, **scallion greens**, and the **remaining cabbage slaw** to the side. Enjoy!