



BAJA FISH TACOS

with Crunchy Red Cabbage Slaw

MAKE FIRST

PRONTO



HELLO

CAJUN FISH

These spiced fish tacos are pan-fried instead of deep-fried

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 671



White Fish



Cilantro



Lime



Mayonnaise



Red Cabbage, shredded



Radish, sliced



Cornstarch



Cajun Seasoning



Flour Tortillas, 6"



Sour Cream



Garlic

BUST OUT

- Garlic Press
- Whisk
- Large Non-Stick Pan
- Zester
- Medium Bowl
- 2 Medium Bowls
- Paper Towel
- Sugar (½ tsp | 1 tsp)
- Small Bowl
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- 2 Small Bowls

INGREDIENTS

2-person | 4-person

- White Fish **0** 285 g | 570 g
- Cilantro 10 g | 20 g
- Lime 1 | 2
- Mayonnaise **3,4** 2 tbsp | 4 tbsp
- Red Cabbage, shredded 170 g | 340 g
- Radish, sliced 56 g | 113 g
- Cornstarch **9** 1 tbsp | 2 tbsp
- Cajun Seasoning 1 tbsp | 2 tbsp
- Flour Tortillas, 6" **1,4,9** 6 | 12
- Sour Cream **2** 3 tbsp | 6 tbsp
- Garlic 10 g | 10 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 6** Mustard/Moutarde
- 1** Wheat/Blé
- 7** Peanut/Cacahuète
- 2** Milk/Lait
- 8** Sesame/Sésame
- 3** Egg/Oeuf
- 9** Sulphites/Sulfites
- 4** Soy/Soja
- 10** Crustacean/Crustacé
- 5** Tree Nut/Noix
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 70°C/158°F.



START STRONG

We only use seafood that is fished or farmed in a sustainable manner to protect the health and function of our oceans!



1 PREP Wash and dry all produce.* Mince or grate **1 clove garlic** (2 cloves for 4 ppl). Roughly chop the **cilantro**. Zest, then juice **half the lime** (1 lime for 4 ppl). Cut the **remaining** lime into wedges. Pat the **fish** dry with paper towels, then cut into ½-inch pieces.



4 COOK FISH Heat a large non-stick pan over medium-high heat. When the pan is hot, add **2 tbsp oil** (dbl for 4 ppl), then the **fish**. Pan-fry, stirring occasionally, until the fish is golden-brown and cooked through, 6-7 min. (**TIP:** Cook to a minimum internal temp of 70°C/158°F.**)



2 MAKE SLAW In a small bowl, whisk together **mayo**, **half the lime zest**, **half the lime juice** and **½ tsp sugar** (dbl for 4 ppl). Season with **salt** and **pepper**. In a medium bowl, add **cabbage** and season with **salt**. Using your hands, massage cabbage, until slightly tender, 1 min. Drizzle over **dressing** from small bowl and add **half the cilantro**. Toss together. Set aside.



5 MAKE CREMA Meanwhile, wrap the **tortillas** in paper towels. Microwave until the tortillas are warm and flexible, about 30 sec. In another small bowl, combine the **sour cream**, **minced garlic**, **remaining lime zest** and **remaining lime juice**. Season with **salt** and **pepper**.



3 PREP FISH In another medium bowl, combine the **Cajun seasoning** and **cornstarch**. Season with **salt** and **pepper**. Add the **fish** and toss to coat.



6 FINISH AND SERVE Divide **coleslaw** and **fish** between **tortillas**. Dollop with the **crema**. Top with **radishes** and sprinkle over the **remaining cilantro**. Squeeze over a **lime wedge**, if desired. Serve any **remaining** coleslaw on the side.

HEALTHY!

White fish is low-fat and a good source of protein!!