



More than Food

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MAY

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Tempura Fish Tacos

with Avocado Crema & Red Cabbage-Radish Slaw

Airy rice flour and sparkling water 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 give the perfect crunch, while lime adds pop of bright acidity.

Prep 40 min

level 3

nut free

make me first



BC Rockfish Fillets



Rice Flour



Avocado



Radishes



Old Bay Spice



Green Onions



Lime



Shredded Red Cabbage



Sour Cream



Cilantro



Flour Tortillas



Sparkling Water

Ingredients

		4 People
BC Rockfish	1)	4
Rice Flour		1 pkg
Old Bay spice	2)	1 pkg
Radishes, thinly sliced		1 pkg
Avocado		2
Green Onions		4
Lime		2
Red Cabbage, shredded		1 pkg
Cilantro		2 pkgs
Flour Tortillas, 6 in	3)	8
Sparkling Water		1 can
Sour Cream	4)	1 pkg
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Fish/Poisson
- 2) Mustard/Moutarde
- 3) Wheat/Blé
- 4) Milk/Lait

Tools

2 Medium Bowls, Small Bowl, Whisk, Large Pan

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

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

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in



1 Prep: Wash and dry all produce. Thinly slice the **green onions**, keeping the greens and whites separate. Halve the **lime**; cutting one 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 **green onion whites** into the **remaining avocado mixture**.



4 Prep the fillets: Cut the **fish fillets** lengthwise to create four evenly-sized strips and season with **half the Old Bay**. In a medium bowl, whisk the **rice flour** with **remaining Old Bay** and a large pinch of **salt** and **pepper**. Whisk in **sparkling water** until smooth. (**TIP:** If soda has been shaken, let it settle before opening!)

5 Cook the fillets: Pour **oil** into a large pan until it reaches 1/4-inch up the sides of pan. Heat over medium-high heat. Add the **fish** to the **batter** and toss to coat evenly. When the oil is hot (**TIP:** the oil should shimmer when pan is tilted), add the fish to the pan, being careful not to splash any oil towards you. Cook 2-3 minutes per side, until golden brown and crispy. Transfer to a paper towel-lined plate.

6 Warm the tortillas: Wrap tortillas in a damp paper towel and microwave on high for 30 seconds.

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