



# TACOS WITH SOLE

featuring an Avocado Crema and Crispy Cabbage Slaw



## HELLO CRISPY SOLE

Flour and spices add a layer of crunch to these fillets

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 770



Radishes



Avocado



Red Cabbage



Sole Fillets  
(Contains: Fish)



Flour  
(Contains: Wheat)



Lime



Sour Cream  
(Contains: Milk)



Flour Tortillas  
(Contains: Wheat)



Blackening  
Spice

## START STRONG


Make sure to season your fried fillets as soon as you remove them from the pan. Salt sticks better to hot surfaces, giving you flavor that practically melts into the food.

## BUST OUT

- Medium bowl
- Small bowl
- Aluminum foil
- Shallow dish
- Paper towel
- Large pan
- Oil (2 TBSP | 4 TBSP)

## INGREDIENTS

Ingredient 2-person | 4-person

- |  |                 |
|--|-----------------|
| • Radishes   | 3   3           |
| • Lime   | 1   2           |
| • Avocado  | 1   2           |
| • Sour Cream   | 4 TBSP   8 TBSP |
| • Red Cabbage  | 4 oz   8 oz     |
| • Flour Tortillas  | 6   12          |
| • Sole Fillets   | 12 oz   24 oz   |
| • Blackening Spice  | 1 TBSP   2 TBSP |
| • Flour  | 1 TBSP   2 TBSP |

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## 1 PREP

Wash and dry all produce. If warming **tortillas** in oven, preheat oven to 400 degrees (you can skip if you have a microwave). Thinly slice **radishes**. Cut **lime** into wedges.



## 4 SEASON FISH

Halve **sole fillets** lengthwise to create four evenly sized strips. Season with half the **blackening spice**. In a shallow dish, mix **flour**, remaining **blackening spice**, and a large pinch of **salt** and **pepper**.



## 2 MAKE CREMA

Halve, pit, and scoop out flesh from **avocado** to remove peel. Roughly chop into large pieces, then place in medium bowl. Mash with a fork until smooth. Mix in **sour cream** and juice of half the **lime**. Season with **salt** and **pepper**. Set aside half this mixture in a small bowl.



## 5 FRY FISH

Heat a thin layer of **oil** in a large pan over medium-high heat (we used 2 TBSP). While oil heats, gently toss **sole** in **flour mixture** to coat all over. When oil is hot and shimmering, add sole to pan. (**TIP:** Lower it in gently to avoid splashing oil.) Cook until golden brown and crisp, 2-3 minutes per side. Set aside on a paper towel-lined plate. Season immediately with **salt** and **pepper**.



## 3 TOSS SLAW

Add **cabbage**, **radishes**, and a squeeze of **lime** to medium bowl with **avocado crema** and toss to combine. Season with **salt** and **pepper**. Wrap **tortillas** in aluminum foil and place in oven until warm, 5 minutes (if using microwave, wrap in a damp paper towel and microwave on high for 30 seconds).



## 6 ASSEMBLE TACOS AND SERVE

Spread remaining **avocado crema** on **tortillas**. Place a piece of **sole** on each and top with a small handful of **slaw**. Serve with **lime wedges** (for squeezing) and any remaining slaw on side.

## CREAM OF THE CROP!

Avocado crema is great on everything from veggie sticks to toast.