



HOISIN FISH TACOS

with Wedges and Lime Mayo



HELLO XXX

xx



Potato



Coley Fillet



Hoisin Sauce



Cucumber



Red Pepper



Radish



Lime



Mayonnaise



Whole Wheat Soft Tortillas



Sesame Seeds

MEAL BAG

Hands on: **35** mins
Total: **40** mins

2 of your
5 a day

4 Family Box

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Large Baking Trays**, some **Kitchen Paper**, a **Fine Grater** and **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potato** into 2cm wide wedges (no need to peel). Pop on a large lined baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat then spread out and bake on the top shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking.



2 MARINATE THE FISH

Meanwhile, pop the **coley fillets** onto a plate and pat dry with kitchen paper. Pour the **hoisin sauce** onto the **fish**. Use your hands to rub the **sauce** all over the **fish**. Keep to one side. **IMPORTANT:** Remember to wash your hands and equipment after handling raw fish.



3 GET CHOPPING

Trim the **cucumber** then halve lengthways. Cut the halves widthways into four equal lengths, then thinly slice into matchsticks. Halve the **pepper** and discard the core and seeds. Slice into thin strips (the same size as your cucumber!). Trim the **radish** then thinly slice into rounds. Zest the **lime** and cut into wedges.



4 MAKE THE LIME MAYO

Pop the **mayo** into a small bowl. Add a pinch of **lime zest** and a squeeze of **juice** from one of the **wedges**. Season to taste with **salt** and **pepper** and stir well.



5 COOK THE FISH

When the **wedges** have 10 mins left in the oven, heat a splash of **oil** in a large frying pan on medium-high heat. When the **oil** is hot, carefully add the **coley** and all the **marinade**. Fry until the **fish** is golden and the **sauce** is sticky, 3-4 mins on each side. **IMPORTANT:** The fish is cooked when the centre is opaque. While your fish is cooking, pop the **tortillas** onto another baking tray on the bottom shelf of your oven to heat through, 1-2 mins.



6 FINISH UP!

Once the **fish** is cooked through, remove the pan from the heat and allow to rest for 1 minute. Sprinkle over the **sesame seeds** then use a fork to flake the **fish** into bite-sized pieces. Pop all the different elements of your **tacos** onto plates and place onto the table. Let everyone get involved and build their own **fish taco**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|--------------------------------|--------------|--------------|---------------|
| Potato * | 1 small pack | 1 large pack | 2 small packs |
| Coley Fillet 4) * | 2 | 3 | 4 |
| Hoisin Sauce 11) 13) | 1 sachet | 1½ sachets | 2 sachets |
| Cucumber * | ½ | ¾ | 1 |
| Red Pepper * | ½ | ¾ | 1 |
| Radish * | ½ pack | ¾ pack | 1 pack |
| Lime * | 1 | 1 | 2 |
| Mayonnaise 8) 9) | 1 sachet | 2 sachets | 2 sachets |
| Whole Wheat Soft Tortillas 13) | 4 | 6 | 8 |
| Sesame Seeds 3) | 1 small pot | ¾ large pot | 1 large pot |

* Store in the Fridge

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 667G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal) | 763 | 114 |
| (kJ) | 3192 | 479 |
| Fat (g) | 25 | 4 |
| Sat. Fat (g) | 3 | 1 |
| Carbohydrate (g) | 97 | 15 |
| Sugars (g) | 16 | 2 |
| Protein (g) | 37 | 5 |
| Salt (g) | 2.72 | 0.41 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 4) Fish 8) Egg 9) Mustard 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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