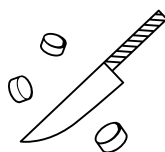


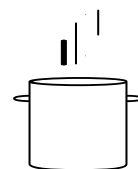


Fish Tacos

These fish tacos filled with salsa and salad are a light and refreshing lunch or dinner.



15



10



4

Ingredients

For the fish:

4 cod fillets approx. 120g each

150g dried breadcrumbs

2 eggs beaten

Flour for dusting

The Groovy Food Company Omega High Five Oil, to fry

For the salsa:

150g sweetcorn

½ sweet red pepper finely diced

3 spring onions finely sliced

1 red chilli finely diced

1 small avocado cubed

Directions

1. To make the salsa, drain the sweetcorn and put into a bowl with the pepper, chilli, onions, avocado and coriander. Squeeze in the juice of the lime and cool oil and mix together. Season to taste.
2. Take 3 shallow bowls and put the flour in one, the beaten eggs in another and the breadcrumbs in the 3rd.
3. Cut your fish fillets in half lengthways and then dust with the flour, dip in the egg and then coat with the breadcrumbs. Take a large, deep frying pan and pour in enough oil to create a pool around 1cm in depth.
4. Heat the oil over a medium heat until it is hot enough. Take a tiny piece of bread and see if it browns in the oil or put a wooden skewer/chopstick in the oil and if it fizzes, it's hot enough!
5. Cook the fish for about a minute on each side then drain on kitchen paper.
6. Serve in the flour or corn tacos with the lettuce, sour

A good handful of chopped fresh coriander

cream and a good dollop of the sweetcorn salsa.

1 lime

1 tbsp The Groovy Food Company Omega Cool Oil

To serve:

Soft flour or corn tortillas

Shredded lettuce

Sour cream