

FISH TACOS



LifeShape Clinic

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INGREDIENTS (SERVES 4)

1 cup red cabbage, shredded
1 tbsn lime juice
2 tbsn extra virgin olive oil
½ avocado, sliced
1 shallot, finely chopped
1 tbsn coriander, chopped
2 tbsn plain wholemeal flour
1 tsp ground coriander
½ tsp cayenne pepper
400g white fish fillets, cut into strips
4 Mountain Bread wraps
4 tbsn Chobani plain yoghurt
Fresh coriander leaves, to serve
Lime cheeks, to serve

METHOD

1. Mix the cabbage, 1 tablespoon extra virgin olive oil and ½ tablespoon lime juice in a bowl.
2. Combine the avocado, shallots, fresh coriander and remaining ½ tablespoon lime juice in a bowl.
3. Combine the flour, ground coriander and cayenne pepper in a large shallow bowl. Coat the fish in the flour mixture. Heat 1 tablespoon of extra virgin olive oil in a large frying pan over medium-high heat. Add the fish and cook for 2-3 minutes each side or until golden and cooked through. Place onto paper towel.
4. Cut wraps diagonally to form two pieces. Heat the wraps on the frying pan briefly.
5. Divide fish fillets amongst wraps and top with the cabbage and avocado mixture.
6. Serve with a small dollop of yoghurt a lime wedge.

Nutrition Guide

PER SERVE

Energy (cal)	318cal
Protein	26.6g
Fat	14g
Saturated Fat	2.4g
Carbohydrate	19.3g
Sugar	2g
Sodium	213mg

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