



The Fish Taco recipe was created by the Home Economics transition year students from Cashel Community School, Tipperary

Fish Tacos

 2 servings

542 Kcal / serving

36g Protein 20g Fat 59g Carbs

Ingredients

- 2 teaspoons (10g) - **Rapeseed or olive oil**
- 1 teaspoon (5g) - **Ground cumin**
- 1 teaspoon (5g) - **Ground coriander**
- 1 teaspoons (5g) - **Smoked paprika**
- 2 - **Limes**
- 50g - **Piece red cabbage**
- 1 (100g) - **Ripe tomato**
- 1 small (75g) - **Ripe avocado**
- 4 (75g) - **Scallions**
- 4 small (160g) - **Wholemeal wraps**
- 4 tablespoons (60g) - **Natural yoghurt**
- **Freshly ground black pepper**
- 250g - **Boneless and skinless white fish fillets (such as cod, haddock or hake)**



The Method

Preheat the grill to high. Line a baking tray with tin foil and brush with a teaspoon of the oil. Add the fish fillets and then sprinkle over the cumin, coriander and paprika. Cut one of the limes in half and squeeze over the juice from one half. Season with pepper and then drizzle over the remaining teaspoon of oil. Place under the grill for 8-10 minutes or until the fish is cooked and starting to scorch in places.

Trim, core and thinly slice the cabbage. Chop the tomatoes into small pieces and put in a bowl. Cut the avocado in half and remove the stone, then scoop out the flesh and chop. Trim and finely chop the scallions. Stir the avocado and scallions into the tomatoes and squeeze in the juice of half of the second lime. Season with pepper.

Cut the remaining half a lime into wedges to use as a garnish. Heat a non-stick frying pan and cook the wraps for 20 seconds on each side. Test with a small knife to ensure the fish is cooked through.

Divide the cabbage among the wraps on plates and top with the tomato & avocado salsa. Flake the fish into big chunks and using tongs add to the wraps. Add a tablespoon of yoghurt to each one. Garnish with the lime wedges to serve.

 Suitable for vegetarians if plant-based alternative is used instead of fish