



FEAST YOUR EYES  
RECIPE CARD



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 18 - SUNDAY 24 SEPTEMBER 2017  
**YOUR VISION MATTERS**

# FISH TACOS

**These fish tacos are filled with eye-friendly nutrients for a well-balanced, delicious Mexican dinner.**

**Serves 4**

**Prep 15 minutes**

**Cook 5 minutes**

## INGREDIENTS

- 600g skinless and boneless white fish fillets, cut into large chunks
- Good pinch chilli powder
- 1 tsp ground allspice
- 1 tsp smoked paprika
- Zest and juice 1 lime, plus wedges to serve
- Cooking oil spray
- 200g red cabbage, shredded
- 1 large carrot, shredded or grated
- 1 little gem lettuce, shredded
- 325g can sweetcorn in water, drained
- 1 medium red apple, finely sliced
- Handful fresh mint or coriander leaves
- 1tbsp extra-virgin olive oil
- 8 mini wholegrain or 50/50 tortilla wraps
- 1 avocado, flesh sliced
- 150g low fat natural yogurt

## METHOD

1 Pat the fish dry with kitchen paper. Combine the spices and lime zest in a medium freezer bag with a grind of black pepper. Add the fish to the bag, then seal and gently shake to coat it in the spice mixture.

2 Spray a medium non-stick frying pan with oil. Cook the spiced fish for two to three mins on each side until golden and the flesh flakes easily when tested with a fork.

3 Meanwhile, combine the cabbage, carrot, lettuce, sweetcorn, apple and mint or coriander leaves in a mixing bowl. Add the lime juice and olive oil, then toss to mix. Warm the wraps according to the pack instructions, then divide among four plates.

4 Top one half of each wrap with the salad, fish, avocado and a dollop of yogurt. Fold up and serve with lime wedges to squeeze over.

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