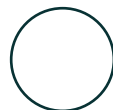




Mexican-Style Fish Tacos with Sweetcorn Salsa



Flaky coley fillets seasoned with smoky chipotle paste, served in soft taco wraps with a fresh salsa of sweetcorn, cherry tomatoes, shallots, spring onion, coriander, and lime, finished with a sprinkle of creamy feta cheese.

Nutritional Info

CCalories: 1714 kcal
Carbohydrates: 182 g
Protein: 105 g
Fat: 65 g

Ingredients

- Coley Fillet
- Spring Onion
- Shallot
- Lime
- Cherry Tomato
- Fresh Coriander
- Feta
- Chipotle Paste
- Sweetcorn
- Taco wrap

Your Pantry

- Tin Foil

Allergens

Fish (Coley)
Wheat (Taco)
Milk (Feta)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Preheat the oven to 180°C**

2) **Marinate the fish**

Place the fish on a baking sheet or dish and spoon over the chipotle paste. Spread the paste over the whole piece of fish. Set aside.

3) **Pickle the onions**

Peel and finely slice the shallot. Add the shallots to a bowl and squeeze over some lime juice. Mix well and set aside for about 15 minutes. While that pickles....

4) **Make the salsa**

Drain the sweetcorn and add it to a bowl. Quarter the tomatoes. Finely chop the spring onion. Finely chop the coriander. Add to a bowl with the sweetcorn and mix well.

5) **Cook the fish**

Place the fish in the oven and cook for 10-12 minutes or until flaky and opaque. Remove and set aside.

6) **Heat the tortillas**

Pop the tortillas into the microwave for about 10-20 seconds or until warmed through. If you don't have a microwave, you can wrap in tin foil and place in the oven for a couple of minutes.

7) **Assemble the tortillas**

Take the tortillas and spoon some tomato sweetcorn salsa, pickle onions, and flake some of the fish over. Crumble over the feta cheese and enjoy!



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