

Fish taco



Fish taco

Serves: 4

Preparation time: 15-20 minutes

Cook time: 5-10 minutes

Ingredients

- 400 g white fish fillets such as whiting, flake or basa
- 3 tbsp plain flour
- 2 tbsp olive oil
- ½ red onion, diced finely
- 1 small green capsicum, diced
- 1 small yellow capsicum, diced
- 1 avocado, diced
- 8 cherry tomatoes, quartered
- 60 g bag of lettuce leaves

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Coat fish in flour, dust off excess.
3. Heat oil in a fry pan over medium heat and pan fry fish until cooked through. Drain fish on paper towel and set aside.
4. Meanwhile, warm the taco shells in the oven for 5 mins.
5. Place diced vegetables into separate bowls.
6. Assemble tacos by filling with fish and vegetables or allow each person to self-serve, filling taco shells with desired ingredients.



Tacos are a great way to sneak extra vegetables into your day. A diet high in vegetables can help to cut your cancer risk.

SWAP: Choose your own favourite vegetables, aiming for four to five different kinds and a variety of colours. Tortillas can also be used in place of taco shells.