



Fish Tacos with Corn Salsa

GREEN

Serves 8 (small serves)

Time to make: 25 minutes

Equipment: knife, chopping board, bowl, frypan, flipper or tongs, absorbent paper

Ingredients

½ cup pineapple - diced

1 small yellow capsicum – diced

½ cup tomatoes – diced

½ cup corn kernels

¼ cup chopped coriander or parsley

1 tbs lemon juice

4 x 150g firm white fish fillets

1 tsp turmeric

8 gluten free corn tortillas

Lettuce or rocket leaves - chopped

½ cup reduced fat plain yoghurt or tzatziki

Oil for shallow frying

1. Combine the pineapple, capsicum, tomatoes, coriander or parsley and lemon juice in a bowl. Set aside.
2. Dust fish fillets with turmeric. Heat up the frypan and add small amount of oil. Place fish in frypan and cook approx. 2 mins each side. Place fish on absorbent paper on a plate.
3. Gently warm the 8 tortillas. In the microwave for approx 1 min to soften them.
4. Break fish in to chunks
5. Place tortillas on the bench. Top with the lettuce or rocket. Then the fish chunks, salsa and a dollop of the yoghurt or tzatziki. Serve.