



Spiced fish tacos with avocado salsa & lime yoghurt

Ingredients: (Serves 4)

- 1 Tablespoon olive oil
- 400g White fish fillets, skin removed
- 1 Tablespoon smoked paprika
- 1 Tablespoon ground cumin
- Pinch of salt
- ½ Bunch of coriander, stems finely chopped and leaves picked
- 1 Red chilli, thinly sliced
- 2 Spring onions, thinly sliced
- ½ Cup Greek yoghurt
- 1 Lime, zested and juiced
- 1 Avocado, diced
- 2 Tomatoes, diced
- 8 Small tortillas

Method:

1. Heat oil in a large frying pan over medium-high heat. Rub paprika, cumin and salt over one side of the fish. Cook, spice side up, for 3-4 minutes or until golden. Turnover barramundi and flake apart. Add coriander stems, half the chilli and half the spring onion and cook for 30 seconds or until fragrant.
2. Stir together yoghurt and lime zest in a small bowl.
3. Combine avocado, tomato, remaining spring onion, remaining chilli and half the coriander leaves in medium bowl. Squeeze over lime juice and toss to coat.
4. Warm tortillas if desired. Fill tortillas with fish and salsa, before finishing with a dollop of lime yoghurt and coriander leaves.

Nutrition Information (per serve):

Energy:	1897kJ (453cal)	Sodium:	418mg		
Protein:	26.5g	Sat Fat:	4.9g		
Fat:	23.0g	Sugars:	7.5g	Fibre:	8.3g
Carbohydrate:	30.3g				