



# Fish Tacos in Curried Aioli

with sweetcorn and tomato salsa

Quick Cook 20-25 mins • Eat me first

15



Hake



Sweetcorn



Tomato



Apple Cider Vinegar



Salad Leaves



Scallion



Tortilla



Aioli



Korma Curry Paste

Pantry Items: Salt, Pepper, Oil, Flour, Sugar



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Sieve

## Ingredients

	2P	4P
Hake	250 g	500 g
Sweetcorn	1 pack	2 packs
Tomato	1 unit	2 units
Apple Cider Vinegar	1 sachet	2 sachets
Salad Leaves	120 g	240 g
Scallion	1 unit	2 units
Tortilla	8 units	16 units
Aioli	1 sachet	2 sachets
Korma Curry Paste	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>454.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2874.4 kJ/ 687 kcal	632.4 kJ/ 151.2 kcal
Fat (g)	30.4 g	6.7 g
Sat. Fat (g)	7.4 g	1.6 g
Carbohydrate (g)	66.9 g	14.7 g
Sugars (g)	12.9 g	2.8 g
Protein (g)	35 g	7.7 g
Salt (g)	4.2 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.  
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

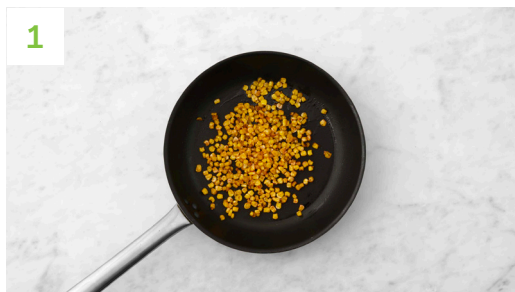
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### Char the Corn

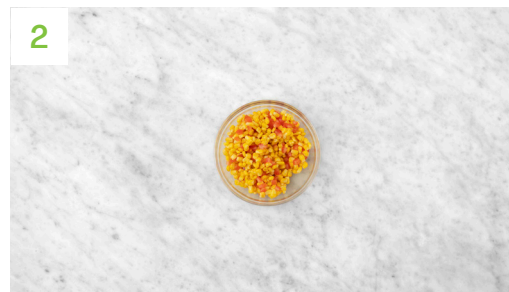
- Preheat your oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Drain the **sweetcorn** in a sieve.
- Place a large pan over high heat (no oil).
- Once the pan is hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary.
- Stir only twice during this time—you want the **sweetcorn** to pick up a nice colour.

**TIP:** To avoid turning on your oven, dry-fry the tortillas in a pan instead.



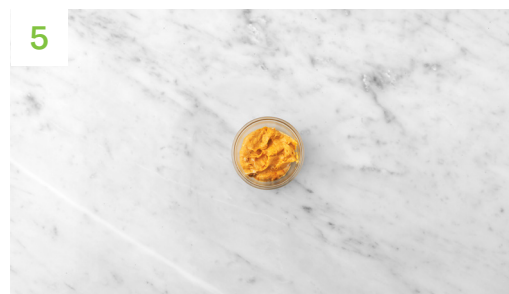
### Warm the Tortillas

- While the **fish** is frying, trim the **salad leaves**, halve lengthways and thinly slice widthways.
- Trim and thinly slice the **scallion**.
- Pop the **tortillas** into the oven to warm, 1-2 mins.



### Make the Salsa

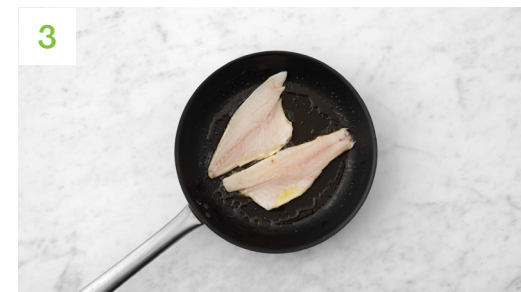
- Meanwhile, pat the **hake** dry with kitchen paper and coat with 1 tbsp **flour** (double for 4p). Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Cut the **tomato** into 2cm chunks.
- In a medium bowl, combine the **vinegar** with ½ tsp of **sugar** (double for 4p), **salt** and **pepper**. This is your dressing
- When the **sweetcorn** is finished cooking, add it to the dressing along with the **tomato** and toss to coat.



### Final Touches

- Mix the **aioli** and **korma paste** in a small bowl.
- When the **fish** is cooked, carefully slice the fillets into 2cm thick fingers.

**TIP:** Don't worry if the fish breaks apart while slicing, it will still taste just as delicious!



### Fry the Fish

- Give the pan a wipe and return to medium-high heat with a drizzle of **oil**.
- Once hot, lay the **hake** into the pan and fry until golden, 4-5 mins on each side. **IMPORTANT:** Fish is cooked when opaque in the centre.
- Once cooked, transfer from the pan to a board to slice before serving.



### Top Your Tacos

- Share the **tortillas** between plates.
- Top with **salad leaves**, load on the fried **fish** and sprinkle on the charred **corn** and **tomato** salsa.
- Drizzle over the curried **aioli**.
- Finish by topping with the sliced **scallion**.

Enjoy!