



FISH TACOS

Fish Tacos

- 2 tbsp olive oil
- 4 fillets of white fish
- 2 limes
- 1/2 tsp cayenne pepper
- 2 tbsp chopped coriander
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Chipotle sour cream

- 200ml sour cream
- 75ml natural yoghurt
- 2 tsp chipotle paste
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Spiced Tomato salsa

- 6 ripe tomatoes, chopped
- 1/2 red onion, finely chopped
- 1 tbsp extra virgin olive oil
- juice of 1 lime
- 1 garlic clove, crushed
- 1/4 tsp cumin
- 2 tbsp chopped coriander
- 8 flour tortillas
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1. Begin by marinating the fish. Squeeze the juice from the limes and sprinkle with chilli powder and coriander. Leave for 10 minutes.

2. Meanwhile mix together the sour cream, yoghurt and chipotle. Season with salt and pepper and set aside.

3. Make the tomato salsa by mixing the tomatoes, red onion, olive oil, lime juice, garlic, cumin and coriander together.

4. Pre heat the oven to 180C and heat the tortillas for a few minutes or until warm and soft.

5. Heat a griddle pan and brush with olive oil. Cook the fish for 2-3 minutes on each side or until cooked through. Transfer to a plate.

6. Serve each of the elements on a big platter and get the guests to make the tacos themselves! Add some flaked fish and top with the salad mix, chipotle sourcream and tomato salsa. Fold over and enjoy.

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