

More than 30 minutes

Serves 4

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Ingredients:

Fish:

- 800g sustainable white fish (such as hake), skinned and deboned
- Salt and milled pepper
- 1 cup (150g) plain flour
- 2 Tbsp (30ml) each chopped parsley and coriander
- ¼ cup (60ml) sesame seeds
- Juice (60ml) and grated peel of 1 lemon
- Juice (60ml) and grated peel of 2 limes
- ¼ cup (60ml) canola oil

Salad:

- 1 packet (80g) baby spinach
- ¼ head red cabbage, shredded
- 1 red onion, chopped
- 2 salad tomatoes, chopped
- 4 soft flour tacos, grilled
- Mayonnaise, lemon or lime wedges and chilli, for serving

Method

1. Cut fish into strips and season.
2. Combine flour, herbs and sesame seeds in a bowl. Set aside.
3. Mix lemon and lime juice and grated peel and place two-thirds in a bowl. Reserve the rest.
4. Heat oil in a pan over high heat.
5. Dip fish in lemon juice mixture, then in flour.
6. Fry fish in batches for about 2-3 minutes or until golden, then drain on kitchen paper.
7. Drizzle with remaining lemon juice mixture.

8. Toss spinach, cabbage, red onion and tomatoes together.
9. Place salad and fish in tacos.
10. Serve topped with a dollop mayonnaise, sprinkle of chilli and lemon or lime wedges.