



Product Spotlight: Nectarine

A firm nectarine makes a nutritious snack; serve them sliced with a drizzle of honey for a nutrient-packed dessert!



Crunchy Fish Tacos

with Nectarine Salsa

Crispy hard shell tacos filled with lime guacamole, smoky fish and fresh nectarine salsa, and served with a side of char-grilled corn on the cob.



25 minutes



2 servings



Fish

Make a bowl!

You can create a colourful bowl and serve all these ingredients on a bed of rice instead! Toast and crush up the taco shells for a crunchy topping.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	25g	44g

FROM YOUR BOX

CORN COB	1
WHITE FISH FILLETS	1 packet
NECTARINE	1
RED CAPSICUM	1
LIME	1
AVOCADO	1
TACO SHELLS	12-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, smoked paprika

KEY UTENSILS

griddle pan or BBQ, frypan

NOTES

You can warm the taco shells on the BBQ! Wrap them in foil and place on the grill with hood down for 1-2 minutes until warmed through.

For a creamier guacamole, stir through some yoghurt or sour cream.



1. CHAR THE CORN

Set oven to 180°C (see notes).

Heat a griddle pan or barbecue over medium-high heat. Coat **corn** with **oil, salt and pepper**. Cook for 8-10 minutes, turning, until charred.



2. COOK THE FISH

Heat a frypan over medium-high heat. Coat **fish fillets** with **1 tsp cumin, 1 tsp paprika, oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



3. MAKE THE SALSA

Dice **nectarine** and **capsicum**. Toss with **lime zest, olive oil, salt and pepper**. Set aside.



4. MAKE THE GUACAMOLE

Mash the **avocado** with juice from 1/2 lime (wedge remaining). Season with **salt and pepper** (see notes).



5. TOAST THE TACO SHELLS

Toast the **taco shells** in the oven for 5 minutes until crispy.



6. FINISH AND SERVE

Flake fish into smaller pieces. Bring to the table with salsa, guacamole and taco shells for assembly. Cut corn into cobs and serve with lime wedges.



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