



### 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



4/6 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 :	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	32g	12g	40g

## FROM YOUR BOX

	4 PERSON	6 PERSON
CORN COBS	2	3
WHITE FISH FILLETS	2 packets	3 packets
NECTARINES	2	3
RED CAPSICUM	1	2
LIME	1	2
AVOCADO	1	2
TACO SHELLS	12-pack	2 x 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 **2-3 tsp cumin, 2-3 tsp paprika, oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



### 3. MAKE THE SALSA

Dice **nectarines** 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).

**6P** – use juice from 1 lime.



### 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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