



### Product Spotlight: Yoghurt

Natural yoghurt is made by fermenting milk with live cultures – the longer it ferments, the tangier it gets. That gentle tang is what makes it such a good match for smoky, spiced fish!



## Crunchy Fish Tacos

### with Dill Yoghurt

Crunchy taco shells filled with smoky fish, crisp lettuce, tomato and a dill yoghurt sauce, served with a side of roasted sweet potato chips!



30 minutes



4/6 servings



Fish

## Crumb it!

*Season fish fillets and coat them with panko crumbs, bread crumbs, quinoa flakes or lupin flakes.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 32g     | 16g       | 53g           |

## FROM YOUR BOX

|                    | 4 PERSON  | 6 PERSON  |
|--------------------|-----------|-----------|
| SWEET POTATOES     | 800g      | 1.2kg     |
| TOMATOES           | 2         | 3         |
| BABY COS LETTUCE   | 1         | 2         |
| DILL               | 1 packet  | 2 packets |
| NATURAL YOGHURT    | 1 tub     | 2 tubs    |
| WHITE FISH FILLETS | 2 packets | 3 packets |
| TACO SHELLS        | 1 packet  | 2 packets |



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut **sweet potatoes** into chips. Toss on a lined oven tray with **oil, 2 tsp cumin, salt and pepper**. Roast for 25 minutes until tender and golden.

6P – use 3 tsp cumin.



### 4. COOK THE FISH

Cut **fish** into smaller pieces. Coat with **oil, 2 tsp smoked paprika, 1 tsp cumin, salt and pepper**. Heat a frypan over medium-high heat with **oil**. Cook **fish** for 2-4 minutes each side until cooked through.

6P – use 3 tsp paprika and 2 tsp cumin for fish.



### 2. PREPARE THE FILLINGS

Dice or slice **tomatoes**. Rinse **lettuce leaves** and finely shred (see notes).



### 3. MAKE THE YOGHURT SAUCE

Chop **dill fronds**. Combine with **yoghurt, 1/2 tbsp olive oil, salt and pepper** (see notes).

6P – stir in 1 tbsp olive oil.



### 5. WARM THE TACO SHELLS

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



### 6. FINISH AND SERVE

Serve **all elements** at the table for everyone to build their **tacos** with a side of **sweet potato chips**.

## FROM YOUR PANTRY

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

## KEY UTENSILS

frypan, oven tray

## NOTES

You can add any of your favourite fillings you may have on hand. Avocado, cucumber, capsicum, grated cheese or jalapeños all work well!

Add some crushed garlic to the yoghurt sauce.



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