



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Avocado

It may look like a vegetable, taste like a vegetable, and get cooked like a vegetable — but the avocado is actually a fruit!



## 1 Fish Tortillas with Guacamole and Corn

A tasty way to cook up fish; family-friendly fish tortillas! Served with fresh veggies and creamy guacamole.

 30 minutes

 4 servings

 Fish

15 February 2021

## Bulk it up

*It's easy to bulk up this meal if you're feeling extra hungry or feeding more people than usual. For example, serve roasted sweet potato on the side, add extra veggies to the frypan with the corn, or add a tin of black or butter beans when frying the fish.*

## FROM YOUR BOX

CORN COBS	2
AVOCADO	1
CHERRY TOMATOES	1/2 bag (200g) *
PARSLEY	1/2 bunch *
NATURAL YOGHURT	1/3 tub *
LIME	1
GREEN CAPSICUM	1
RED ONION	1/2 *
WHITE FISH FILLETS	2 packets
TORTILLAS	1 pack

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, ground cumin, ground paprika, dried oregano, red wine vinegar

## KEY UTENSILS

large frypan

## NOTES

Leave the corn whole and grill or boil to serve on the side if preferred.

Instead of heating tortillas in the oven, you can use a second frypan or a sandwich press.

**No fish option – white fish fillets are replaced with diced chicken breast fillet.** Increase cooking time to 6–8 minutes or until cooked through.

**No gluten option – tortillas are replaced with corn tortillas.** Heat in a sandwich press for 30 seconds to 1 minute — or on a dry frypan for 30 seconds on each side.



### 1. COOK THE CORN

Set the oven to 200°C (optional).

Heat a frypan over high heat. Remove kernels from corn cobs (see notes) and add to pan with **1/2 tbsp oil**. Cook for 4–5 minutes until lightly charred. Remove to a bowl, keep pan.



### 2. MAKE THE GUACAMOLE

Mash the avocado with a fork or potato masher. Quarter cherry tomatoes and chop parsley. Mix through avocado with 3 tbsp yoghurt, 1 tsp lime zest, **salt and pepper**.



### 3. DICE THE CAPSICUM

Dice capsicum and add to corn. Toss with **1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



### 4. COOK THE FISH

Reheat frypan with **3 tbsp oil** over medium heat. Slice and add onion with **2 tsp cumin, 2 tsp paprika and 1 tsp oregano**. Cook for 3 minutes. Dice and add fish, cook for a further 3–4 minutes or until fish is cooked through. Squeeze in juice from 1/2 lime. Season to taste with **salt and pepper**.



### 5. HEAT TORTILLAS (OPTIONAL)

Wrap tortillas in baking paper or foil and place in oven for 5 minutes to warm through (see notes).



### 6. FINISH AND PLATE

Wedge remaining lime. Add remaining yoghurt into a serving bowl.

Place all components on a serving platter and take to the table for everyone to make their own wrap.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

