



Product Spotlight: Cabbage

Whole cabbage and cut cabbage that has been wrapped or is in a container can be stored in your fridge for a really, really long time! Leave cabbage unwashed before storing – washing it will just accelerate it's decline.



Fish Taco Salad

A fresh, Tex-Mex inspired bowl layered with chipotle & lime dressed cabbage, charred corn, pan-fried fish and crunchy tortilla strips. Perfect for warm evenings when you want big flavour without much fuss.



25 minutes



Fish



4/6 servings

Bulk it up!

Want extra serves for leftovers the next day? Add cooked brown rice or grains, roasted sweet potato or pumpkin, or capsicum to the salad.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	48g	59g	58g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHIPOTLE & LIME DRESSING	2 sachets	3 sachets
RED CABBAGE	1/2	1/2 + 1/4
AVOCADOS	2	3
SHALLOT	1	2
TOMATOES	2	3
CORIANDER	1 packet	2 packets
CORN COBS	2	3
WHITE FISH FILLETS	2 packets	3 packets
TORTILLA STRIPS	1 packet	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

Add tinned or fresh pineapple, or diced mango to the salad for a natural sweetener.

To spice it up, top with pickled or fresh jalapeño, dried chilli flakes or your favourite hot sauce.



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1. DRESS THE CABBAGE

Add **1 sachet chipotle & lime dressing** to a large bowl along with **1 tbsp water**. Whisk to combine. Finely slice **cabbage**, add to bowl and toss to dress.

6P – add **1 1/2 sachets dressing to bowl along with 1 tbsp water**.



2. PREPARE THE TOPPINGS

Slice **avocados** and **shallot**, dice **tomatoes**, finely chop **coriander stems** and pick **leaves**. Remove **corn kernels** from cobs.



3. CHAR THE CORN

Heat a frypan over medium-high heat with **oil**. Add **corn** and cook for 4-6 minutes, or until charred. Remove to a bowl and reserve pan for step 4.



4. COOK THE FISH

Coat **fish** with **oil, 1 tsp cumin, 1 tsp smoked paprika, salt and pepper**. Reheat pan over medium-high heat with **oil**. Add fish and cook for 2-4 minutes each side.

6P – coat fish with **oil, 1 1/2 tsp cumin, 1 1/2 tsp smoked paprika, salt and pepper**.



5. FINISH AND SERVE

Divide **cabbage** among shallow bowls. Add **tortilla strips, toppings, charred corn** and **fish fillets**. Garnish with **coriander leaves** and serve with remaining **chipotle & lime dressing** to drizzle over as desired (see notes).

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