



### Product Spotlight: Tomatoes

Although tomatoes are fruits – nutritionally they look more like vegetables. They are low in calories and rich in a number of nutrients that are good for your health.



## 1 Easy Fish Fajitas

Build your own fajitas! This simple tray bake is everything you need for a festive weeknight dinner. Spiced fish pieces with tomatoes, capsicum and corn served up with tortillas and guacamole!

 30 minutes

 2 servings

 Fish

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### Spice it up!

*Add some garlic or dried oregano to the tray bake, or cayenne pepper for some heat. Serve with any condiments you may have – we love GH Produce's Jalapeño and Dessert Lime sauce!*

Per serve: **PROTEIN** 29g **TOTAL FAT** 36g **CARBOHYDRATES** 68g

## FROM YOUR BOX

GREEN CAPSICUM	1/2 *
RED ONION	1/2 *
TOMATO	1
CORN COB	1
AVOCADO	1
LIME	1
WHITE FISH FILLETS	1 packet
CORN TORTILLAS	8 pack
CORIANDER	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper, smoked paprika, ground cumin

## KEY UTENSILS

frypan, oven dish

## NOTES

Use a sandwich press to quickly toast the tortillas. Press them for 5 seconds until they start steaming. Remove and keep warm in a clean tea towel.

**No fish option – white fish fillets are replaced with chicken stir fry strips.** Add the chicken to the tray bake along with vegetables in step 1.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice capsicum and onion. Chop tomato and remove corn from cob. Toss in a lined oven dish with **1 tsp paprika, 1 tsp cumin, 2 tbsp olive oil, salt and pepper**. Bake in oven for 15 minutes (see step 3).



### 2. MAKE THE GUACAMOLE

Mash the avocado with lime zest and 1/2 the juice (wedge remaining). Season with **salt and pepper**. Set aside.



### 3. ADD THE FISH

Cut fish into small pieces and season with **salt and pepper**. Remove vegetable dish from oven and use a fork to crush the tomatoes. Toss fish pieces through vegetables, return to oven and bake for 10 minutes or until cooked through.



### 4. COOK THE TORTILLAS

Heat a frypan over medium-high heat. Cook tortillas for 10 seconds each side until softened (see notes). Keep warm in a clean tea towel until serving.



### 5. FINISH AND PLATE

Serve the fajita tray bake at the table with tortillas, guacamole, lime wedges and coriander for garnish.

**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)

