

Fish Tacos with Pineapple Salsa

Serves: 6

Prep time: 30 minutes

Cook time: 1 hour



1 ½ serves per portion

Ingredients

1 bulb of garlic

½ a small red cabbage, grated or shredded

1 tablespoon red wine vinegar

½ cup natural yogurt

Pinch of salt and pepper

1 tablespoon extra virgin olive oil

400 grams cod OR other white fish

12 small flour OR corn tortillas

Pineapple Salsa:

1 small pineapple, trimmed, peeled and cored

1 red onion, finely diced

½ bunch coriander, chopped

2 tablespoons pickled jalapenos, chopped (optional)

½ cup cotija OR feta cheese, crumbled

1 lime, juiced

1 tablespoon extra virgin olive oil

Method

PREHEAT oven to 180°C and place whole garlic bulb to bake for hour or until softened.

CUT pineapple into wedges and fry in large pan over medium heat until lightly charred. Finely dice the pineapple.

PUT pineapple pieces and any juices left in the pan into a small bowl. Add the red onion, coriander and pickled jalapeno and mix well.

CRUMBLE cotija or feta cheese into the pineapple mix and squeeze in the juice of one lime.

Drizzle with olive oil, mix well and set aside.

ADD cabbage and red wine vinegar to a large bowl. Mix well and set aside.

SQUEEZE the roasted garlic out of the bulb and stir into the yoghurt. Mix well and set aside.

SEASON fish with a pinch of salt and pepper. You can also roll the fillets in flour for a nice crust.

HEAT a frying pan on medium heat and add olive oil. When hot, fry the fish fillets for a couple minutes each side, or until just opaque.

WARM tortillas in a frying pan or the oven until soft.

LOAD tortillas with the cabbage mixture, flake over the fish and top with salsa and garlic yoghurt.



Everyday Food

Recipe courtesy of Lindsey Thynne, Country Kitchens team