



**with pickled onion & coriander-garlic mayo**

Let's give your next party guests something to taco 'bout, Chef! Perfect for a picnic or summer seafood braai, these tacos come with a twist. Toasted rotis are smeared with a freshly made green aioli, featuring coriander, chilli & creamy mayo. This is topped with caramelised pineapple, paprika-crumbed hake pieces, and pickled onions.

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Serves:** 1 Person

**Chef:** Cara Marshall

### Adventurous Foodie

Doos Wine | Doos Pink 3L

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## Ingredients & Prep

1	Line-caught Hake Fillet
20ml	Cake Flour
45ml	Paprika Crumb <i>(40ml Panko Breadcrumbs &amp; 5ml Ground Paprika)</i>
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
1	Fresh Chilli <i>rinse, trim, deseed &amp; roughly slice</i>
1	Garlic Clove <i>peel &amp; grate</i>
30ml	Mayo
4	Rotis
100g	Pineapple Fingers <i>cut into bite-sized pieces</i>
20g	Pickled Onions <i>drain &amp; thinly slice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk  
Blender  
Paper Towel

**1. PAPRIKA-CRUMB FISH** Pat the hake dry with paper towel. Cut into bite-sized pieces. In a small bowl, combine the flour with 20ml of milk and 10ml of water. In a separate bowl, season the paprika crumb. Coat the fish pieces in the flour mix first and then in the crumb. Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the fish until golden, 3-4 minutes per side. Remove from the pan and season.

**2. GREEN AIOLI** In a blender, blitz together ½ the chopped coriander, ½ the sliced chilli (to taste), the grated garlic, the mayo, a drizzle of olive oil, and seasoning. Loosen with water in 5ml increments until drizzling consistency.

**3. TOASTED ROTI** Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

**4. CHARRED PINEAPPLE** Return the pan to medium heat with a drizzle of oil. When hot, fry the pineapple pieces until charred and caramelised, 2-3 minutes.

**5. DELISH FISH** Smear the rotis with the green aioli. Top with the caramelised pineapple, the fried fish, and the sliced pickled onions. Garnish with the remaining coriander and chilli.

## Nutritional Information

Per 100g

Energy	682kj
Energy	163kcal
Protein	7.6g
Carbs	21g
of which sugars	5.7g
Fibre	1.6g
Fat	5.5g
of which saturated	0.5g
Sodium	267mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Fish,  
Soy, Cow's Milk

Eat  
Within  
1 Day