

UCOOK

Carpenter Fish & Pineapple Tacos

with pickled onion & coriander-garlic mayo

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Cara Marshall

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	818kJ	3766kJ
Energy	196kcal	901kcal
Protein	8.9g	41.2g
Carbs	21g	96g
of which sugars	6g	27.7g
Fibre	1.6g	7.3g
Fat	8.9g	41.2g
of which saturated	0.7g	3.1g
Sodium	269mg	1237mg

Allergens: Sulphites, Fish, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Moderate

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Carpenter Fillets
20ml	40ml	Cake Flour
50ml	100ml	Paprika Crumb *(45ml [90ml] Breadcrumbs & 5ml [10ml] Paprika)*
1	1	Garlic Clove *peel & grate*
50ml	100ml	Mayo
1	2	Fresh Chilli/ies *rinse, trim, deseed & finely slice*
3g	5g	Fresh Coriander *rinse, pick & finely chop*
4	8	Cocktail Rotis
100g	200g	Fresh Pineapple Fingers *cut into bite-sized pieces*
20g	40g	Pickled Onions *drain & thinly slice*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Milk
Paper Towel

1. PAPRIKA-CRUMB FISH Pat the fish dry with paper towel and season. Cut into thick strips. In a small bowl, combine the flour with 20ml [40ml] of milk and 10ml [20ml] of water. In a separate bowl, season the paprika crumb. Coat the fish strips in the flour mix first and then in the crumb.

2. GOLDEN MOMENT Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the fish until golden and cooked through, 1-2 minutes per side. Remove from the pan and dry on a paper towel.

3. SOME PREP Return the pan to medium heat. Toast the garlic until golden, 20-30 seconds. Remove from the pan.

4. GREEN AIOLI In a small bowl, combine the mayo, chilli and garlic (to taste), ½ the coriander, and a splash of water.

5. TOAST ROTIS Return the pan, wiped down if necessary, to medium heat. 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.

6. CHARRED PINEAPPLE Return the pan to medium heat with a drizzle of oil. Fry the pineapple pieces until charred and caramelised, 2-3 minutes.

7. DELISH FISH Smear the rotis with the green aioli. Top with the caramelised pineapple, fish, and pickled onions. Garnish with the remaining coriander and any remaining chilli. Dig in, Chef!

Chef's Tip Pineapple adds a sweet, tangy twist to tacos that perfectly balances spicy and savoury flavours!