

UCOOK

Fried Fish & Pineapple Tacos

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: 35 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Cara Marshall

Adventurous Foodie

Doos Wine | Doos Pink 3L

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Ingredients & Prep

3	Line-caught Hake Fillets
60ml	Cake Flour
135ml	Paprika Crumb <i>(120ml Panko Breadcrumbs & 15ml Ground Paprika)</i>
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>
3	Fresh Chillies <i>rinse, trim, deseed & roughly slice</i>
2	Garlic Cloves <i>peel & grate</i>
90ml	Mayo
12	Rotis
300g	Pineapple Fingers <i>cut into bite-sized pieces</i>
60g	Pickled Onions <i>drain & 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 60ml of milk and 30ml 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, 3-4 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