Tacos Fish

Ingredients:

For the salsa:	For the tacos:	
❖ 250g cherry tomatoes, quartered ❖ 1 red onion, finely chopped ❖ 1 garlic clove, finely chopped ❖ Zest and juice of 1 lime ❖ 1 Tbsp olive oil ❖ Sea salt and ground black pepper	❖ 1 Tbsp paprika ❖ 1 tsp garlic powder ❖ 1 tsp dried oregano ❖ 1 tsp cayenne pepper ❖ 1 tsp ground cumin ❖ 650g British cod fillet ❖ 1 tsp rapeseed oil ❖ 50mls Dairy Free Sour cream ❖ 1 lime, cut in wedges	❖ 2 avocados, stoned and finely sliced ❖ Handful of coriander leaves ❖ 1 red onion, finely sliced ❖ ½ white cabbage, finely shredded ❖ 50mls Free From Hot chilli sauce ❖ 12 Free From tortillas (Gluten Free, Wheat Free, Milk Free)

Method:

- Stir together the tomatoes, onion, garlic, lime, oil in a bowl and season. Cover and store in the fridge
- In another bowl mix the spices and sprinkle over the fish. Store in a zip-lock bag for 30 minutes
- Grill the fish on a medium heat for 5 minutes per side, remove from the heat and flake into a bowl
- Warm the tortillas and assemble with avocado, salsa, cabbage, fish, sour cream, coriander, chilli sauce and lime wedges

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