

Crispy Baja Cod Tacos

and Chipotle Mayo

hellóchef

Lightning prep and easy clean-up, not to mention great flavours!

Cals 854 • Prot 45 • Carbs 105 • Fat 29

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🕒 cook: 30 min

R3148



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Cod	2 ppl	3 ppl	4 ppl	
Cod fillet 6*	350	525	700	Grams
Cajun spice	2	4	4	Grams
Smoked paprika powder	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Plain flour 10*, 11*	50	50	100	Grams
Corn starch	60	60	120	Grams
Baking powder	5	5	10	Grams
Water	100	100	200	ML
Vegetable oil	5	8	10	Tbsp

Toppings

Red onion	1	1	1	Piece
Tomatoes	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Lime	1	1	2	Piece
Salt	0.5	0.5	1	Tsp
Romaine lettuce	200	300	400	Grams

To serve

Mayonnaise 5*, 9*, 13*	50	75	100	Grams
Chipotle powder	2	2	4	Grams
6" tortilla wraps 10*, 11*	6	9	12	Piece

Allergens

***6 Fish, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *13 Mustard**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	3576 / 854
Fat (g)	29.4
of which saturates (g)	5.3
Carbohydrate (g)	105
of which sugars (g)	8.6
Fiber (g)	8.5
Protein (g)	45
Salt (g)	3.9

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep toppings

Peel and finely chop {0.5/0.5/1} **onion**. Finely chop the **tomatoes** and **coriander**. Halve the **lime**. In a bowl combine the **tomatoes, onions, coriander** and half of the **lime** juice with a pinch of **salt** - this is your **pico de gallo**. Roughly chop the **lettuce**.



2 Make sauce

In a small bowl, combine the **mayonnaise**, a pinch of **chipotle powder (spicy!)** and a squeeze of **lime** with a pinch of **salt**. Set aside. This is your **sauce**.



3 Prep cod

Slice the **cod** into goujons, approximately 2 cm thick. Add them to a bowl with the **cajun spice (spicy!), smoked paprika** and **salt**. Toss and set aside.



4 Make batter

In a shallow bowl, whisk the **flour, corn starch, baking powder** and **salt** with the cold **measured water** until smooth.



5 Fry cod

Heat a pan over a medium-high heat. Add enough **vegetable oil** to cover the bottom of the pan. Once hot, coat each **fish goujon** in the **batter**. Let the excess batter drip off, before placing the **fish** in the **oil**. Fry for 2 min on each side until crispy and golden. Drain the fried **cod** on kitchen paper.



6 Serve

Meanwhile, heat the **tortilla wraps** in the microwave for 30-60 secs until warm. Load them with the **chipotle mayonnaise (spicy!), shredded lettuce, fried cod** and **pico de gallo**.