



Mexican Spiced Fish Tacos

with Chipotle Mayo and Wedges

28

Calorie Smart

30-35 Minutes • Medium Spice • Under 650 Calories



Potatoes



Mayonnaise



Chipotle Paste



Red Wine Vinegar



Coleslaw Mix



Fish Pie Mix



Mexican Style
Spice Mix



Plain Taco Tortillas



McCain Home
Chips

Pantry Items

Oil, Salt, Pepper, Honey, Sugar, Olive Oil,
Plain Flour

⚡ Make it Quick

If you chose to make this recipe quicker,
then just follow the instructions
on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, bowl, kitchen paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mayonnaise 8 9	32g	48g	64g
Chipotle Paste	20g	30g	40g
Red Wine Vinegar 14	12ml	18ml	24ml
Coleslaw Mix**	120g	180g	240g
Fish Pie Mix** 4	1 pack	1½ packs	2 packs
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Plain Taco Tortillas 13	4	6	8
McCain Home Chips** 13	400g	800g	800g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Salt*	¼ tsp	½ tsp	½ tsp
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	504g	100g	479g	100g
Energy (kJ/kcal)	2649 / 633	526 / 126	3784 / 905	790 / 189
Fat (g)	14.3	2.8	28.7	6.0
Sat. Fat (g)	2.8	0.6	4.5	0.9
Carbohydrate (g)	98.2	19.5	124.1	25.9
Sugars (g)	15.8	3.1	14.8	3.1
Protein (g)	30.2	6.0	33.5	7.0
Salt (g)	3.37	0.67	4.09	0.85

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish **8**) Egg **9**) Mustard **13**) Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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Chop Chop

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

Make it Quick

If you've chosen the quick version, **oil** and season the **chips**, then cook for 20-25 mins instead. Turn halfway through.



Mex-Cellent

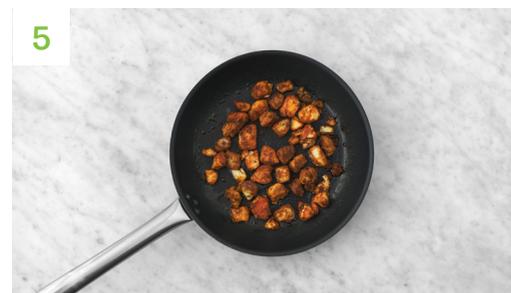
Drain the **fish mix** and pat dry with kitchen paper.

When the **wedges** have 10 mins remaining, add the **fish mix** to a medium bowl. Add the **Mexican style spice mix**, **salt** and **plain flour** (see pantry for both amounts) and toss to coat the pieces. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Wedges In

When the oven is hot, roast the **wedges** on the top shelf until golden, 25-35 mins. Turn halfway through.



Fry the Fish

Heat a large frying pan on medium-high heat with a generous drizzle of **oil**.

Once hot, add the **fish** to the pan and fry, turning the pieces regularly, until golden and crispy, 6-8 mins. **IMPORTANT:** The fish is cooked when opaque in the middle. Remove from the heat.

Meanwhile, pop the **tortillas** into the oven to warm through, 1-2 mins.

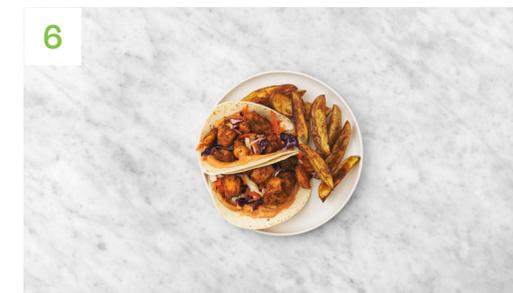


Finish the Prep

Meanwhile, in a small bowl, add the **mayonnaise**, **chipotle paste** (add less if you'd prefer things milder) and **honey** (see pantry for amount). Mix well and set aside.

In a large bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Add the **coleslaw mix** and toss to coat in the **dressing**, then set aside.



Serve Up

When everything's ready, share the **tortillas** between your plates (2 per person).

Spread over the **chipotle mayo**, then top with the **coleslaw** and **Mexican spiced fish**.

Serve the **wedges** alongside.

Enjoy!