

BOWLAND FOOD HALL

INSPIRED RECIPES



Fish Tacos

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Fish Tacos

Prep 15 mins | Cook 5 mins | Feeds 3-4

INGREDIENTS

2x 6oz Cod fillets	Half an onion
Gran Luchito fajita and taco mix	2 carrots
Gran Luchito chipotle & chilli mayo	1 lime
Gran Luchito soft tacos x1	1 bunch of mint
Small white cabbage	



METHOD

1. Slice the cod lengthways into 3 goujons and season with taco mix, salt and pepper and set aside.
2. Make the slaw: thinly slice the cabbage and white onion, grate the carrots and shred the mint. Combine with salt and pepper and the juice of half a lime.
3. Place a non stick frying pan on medium heat for 2 mins until hot.
4. Place a little oil in the pan and move around.
5. Place the marinated cod fillets in the pan, away from you. They should sizzle slightly, if too fierce turn the heat down slightly.
6. After a minute, turn the cod 90 degrees and continue until all sides are nicely coloured. Place in warm oven for 2-3 mins.
7. Bring out and leave to rest whilst you warm the soft tacos.
8. Add the slaw, fish and chipotle sauce to your tacos, add a squeeze of lime and serve.

Goes great with a bottle of Bowland Buster IPA!

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