



Adelaide's finest supermarkets
 FREWVILLE | PASADENA **FOODLAND**



with Mandy Hall Masterchef 2019

 Prep Time: 20mins
 Cook Time: 35mins
 Serves: 4

FISH TACOS, AVOCADO & QUICK PICKLED RED ONION & TOMATO SALSA

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FISH TACOS, AVOCADO & QUICK PICKLED RED ONION & TOMATO SALSA

METHOD:

In a medium to large mixing bowl or dish, whisk together olive oil and all other ingredients. Add Barramundi fillets and coat evenly, let marinate for at least 15 minutes. Meanwhile make Quick Pickled Onions and Tomato Salsa.

In a large non stick frypan, heat 1TB olive oil over medium heat, add barramundi fillets and season each side with salt and pepper whilst cooking, cook until opaque, approx 3-5 mins each side. Heat Tacos/Tortillas – follow manufacturers instructions for heating.

To assemble – either place whole fillets or flaked fillets (flake with a fork after cooking) on heated tacos with tomato salsa, avocado and pickled red onion. Garnish with lime wedges. Option to serve with a dollop of sour cream and additional chopped fresh coriander.

TOMATO SALSA:

Chop cherry tomatoes in half vertically and then again. Whisk together, olive oil, red wine vinegar, salt & pepper in a mixing bowl, toss all together, add chopped fresh herbs and stir through.

QUICK PICKLED RED ONION:

Thinly slice red onion. In a small saucepan, heat vinegar, sugar and salt – bring to the boil, stirring until sugar and salt are dissolved, turn off heat and add sliced onion to the saucepan. Let onion sit and stir occasionally until the onions are softened – roughly 10 mins, remove from saucepan and set aside to serve.

AVOCADO:

Slice avocado and season with salt and pepper.

INGREDIENTS:

- 4 Skinless Barramundi Fillets (approx. 150g each)
- 4 TB olive oil (+1 additional TB for cooking)
- 3 tsp smokey paprika
- 3 tsp ground cumin
- 1.5 tsp dried oregano
- 1.5 tsp onion powder
- 1.5 tsp garlic powder
- salt & pepper to season
- optional
- 1-2 tsp chilli powder (can be red chilli or ground chipotle)
- 1 lime juiced
- 4 Large Or 8 Small Soft Tacos Or Tortillas

PICKLED RED ONION - SUPER QUICK:

- 1 large Red Onion
- 1 cup Apple Cider or White Wine Vinegar
- 4 TB sugar
- 1 TB salt

TOMATO SALSA:

- 200 g cherry tomatoes
- ¼ red onion
- handful of chopped coriander & mint (mint is optional)
- 1 TB olive oil
- 1 tsp red wine vinegar
- salt and pepper to season

AVOCADO:

- 1 Avocado sliced or diced
- Salt and pepper to taste

Pantry Items: salt, pepper, olive oil



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