



Everything  
But The Chef

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## Baja Barramundi Tacos with Mango Mayonnaise

The beauty of Summer in Australia lies in the accessibility and convenience of swimming all day and watching the sunset, drink in hand, tasty meal in the other. Nothing fits this brief more than a taco - with crispy fish inside no less! The real star of this dish is the mayonnaise from Roza's. There's a hint of sweet mango amidst the expected tang of mayonnaise we all know and love. Douse these tacos in a good squeeze of lime and you'll be in for a sweet ride.

- Prep:** 15 mins
- Cook:** 10 mins
- Total:** 25 mins
- lactose free**
- spicy**
- level 1**
- high protein**
- seafood first**

### Pantry Items



Olive Oil Plain Flour



Red Cabbage



Lime



Mexican Spice Mix



Barramundi Fillets



Mini Tortillas



Coriander



Mango Mayonnaise



Long Red Chilli

2P	4P	Ingredients	
2 cups	4 cups	finely sliced red cabbage	A
1 ½ tbs	3 tbs	olive oil *	
½	1	lime, juiced	⊕
1 tbs	2 tbs	plain flour *	
1 tsp	2 tsp	Mexican spice mix	
320 g	640 g	barramundi fillets, cut into strips	B
4	8	mini tortillas	
1 bunch	2 bunches	coriander, leaves picked	
2 tbs	4 tbs	mango mayonnaise (recommended amount)	
1	2	long red chilli, finely sliced	

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	3260	Kj
Protein	46.9	g
Fat, total	34.4	g
-saturated	4.5	g
Carbohydrate	65.9	g
-sugars	7.2	g
Sodium	767	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, large bowl, plastic bag, medium bowl, medium frying pan, plate and paper towel.*

**1** Combine the **red cabbage**, half of the **olive oil** and the **lime juice** in a large bowl. Season with **salt** and **pepper** and set aside.

**2** Combine the **plain flour**, **Mexican spice mix** and a pinch of salt in a plastic bag. Add the **barramundi fillets** to the plastic bag and carefully toss to coat well. Heat the remaining olive oil in a medium frying pan over a medium-high heat. Add the barramundi strips and cook for **4-5 minutes**, turning or until golden and cooked through.

**3** Meanwhile, heat the **mini tortillas** in a microwave or sandwich press.

**4** Divide tortillas between plates. Top with the cabbage mixture, barramundi, **coriander**, **mango mayonnaise** and fresh **long red chilli**.



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