



Pan-Fried Sea Bass Tacos

with Chipotle Sauce, Cilantro Slaw and Pineapple Salsa

Gourmet Tacos 40 Minutes



Sea Bass
280 g | 560 g



Flour Tortillas
6 | 12



Red Cabbage, shredded
226 g | 452 g



Pineapple
95 g | 190 g



Avocado
1 | 2



Lime
1 | 2



Green Onion
1 | 2



Cilantro
7 g | 14 g



Mayonnaise
4 tbsp | 8 tbsp



Chipotle Sauce
4 tbsp | 8 tbsp



All-Purpose Flour
2 tbsp | 4 tbsp



Mexican Seasoning
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, pepper, sugar, salt

Cooking utensils | Large bowl, measuring cups, measuring spoons, medium bowl, medium non-stick pan, paper towels, shallow dish, zester

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1



Prep

- Before starting, wash and dry all produce.

- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Thinly slice **green onion**.
- Peel and pit **avocado**, then cut into ¼-inch pieces.
- Roughly chop **cilantro**.
- Cut **pineapple** into ¼-inch pieces.

2



Make pineapple salsa

- Add **pineapple, avocado, lime zest, half the lime juice, half the green onions, half the cilantro** and ½ **tbsp** (1 **tbsp**) **oil** to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.

3



Make cilantro slaw

- Add **remaining lime juice, remaining cilantro, remaining green onions, half the mayo** and ¼ **tsp** (½ **tsp**) **sugar** to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **cabbage**, then toss to combine.

4



Coat sea bass

- Pat **sea bass** dry with paper towels.
- Cut **each fillet** crosswise into 3 equal pieces. Season with **salt** and **pepper**.
- Add **sea bass pieces, Mexican Seasoning** and **remaining mayo** to a shallow dish, then toss to coat. (**NOTE:** For 4 ppl, use a large rectangular dish to coat sea bass pieces with ease.)
- Sprinkle **flour** over **sea bass pieces**, then toss to coat.
- Using your hands, press **flour** into **sea bass** to coat completely.

5



Pan-fry sea bass

- Heat a medium non-stick pan (large non-stick pan for 4 ppl) over medium-high heat.
- When the pan is hot, add ¼ **cup** (½ **cup**) **oil**. Working with **one piece of sea bass** at a time, shake off any **excess flour**.
- Carefully add **fish**. (**NOTE:** Don't overcrowd the pan. Fry in batches, if needed.)
- Fry **fish**, flipping halfway, until golden and cooked through, 2-3 min per side. **** (TIP:** If sea bass is browning too quickly, reduce heat to medium.)
- Using a spatula, carefully transfer to a paper towel-lined plate.

6



Finish and serve

- Wrap **tortillas** in paper towels. (**NOTE:** For 4 ppl, make 2 tortilla packages.)
- Microwave until **tortillas** are warm and flexible, 30 sec-1 min. (**TIP:** You can skip this step if you don't want to warm tortillas.)
- Divide **tortillas** between plates.
- Spread **chipotle sauce** onto **tortillas**. Top with **some slaw, pineapple salsa** and **sea bass pieces**.
- Serve **any remaining slaw** alongside.
- Squeeze a **lime wedge** over top, if desired.