



Fried Sea Bass Tacos

with Chipotle Sauce, Cilantro Slaw and Pineapple Salsa

Discovery Special

Spicy

45 Minutes



Sea Bass



Flour Tortillas



Red Cabbage, shredded



Pineapple



Avocado



Lime



Green Onion



Cilantro



Mayonnaise



Chipotle Sauce



Cream Sauce Spice Blend



Mexican Seasoning

HELLO SEA BASS

A light, flaky, white fish native to the western and southern coasts of Europe!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, medium non-stick pan, measuring spoons, shallow dish, slotted spoon, zester, paper towels, large bowl, measuring cups

Ingredients

	2 Person	4 Person
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
Cream Sauce Spice Blend	3 tbsp	6 tbsp
Mexican Seasoning	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

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.

Contact

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1 Prep

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



4 Coat sea bass

- Pat **sea bass** dry with paper towels. Cut **each fillet** crosswise into three 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 **Cream Sauce Spice Blend** over **sea bass**, then toss to coat. Using your hands, press **Cream Sauce Spice Blend** into **sea bass pieces** to coat completely.



2 Make pineapple salsa

- Add **pineapple, avocado, lime zest, half the lime juice, half the green onions, half the cilantro** and **½ tbsp oil** (dbl for 4 ppl) to a medium bowl.
- Season with **salt and pepper**, then stir to combine.



5 Shallow-fry sea bass

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



3 Make slaw

- Add **remaining lime juice, remaining cilantro, remaining green onions, half the mayo** and **¼ tsp sugar** (dbl for 4 ppl) to a large bowl. Season with **salt and pepper**, then stir to combine.
- Add **cabbage**, then toss to combine.



6 Finish and serve

- Wrap **tortillas** in paper towels. (**NOTE:** For 4 ppl, make two 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 the 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.

Dinner Solved!