



Fried Sea Bass Tacos

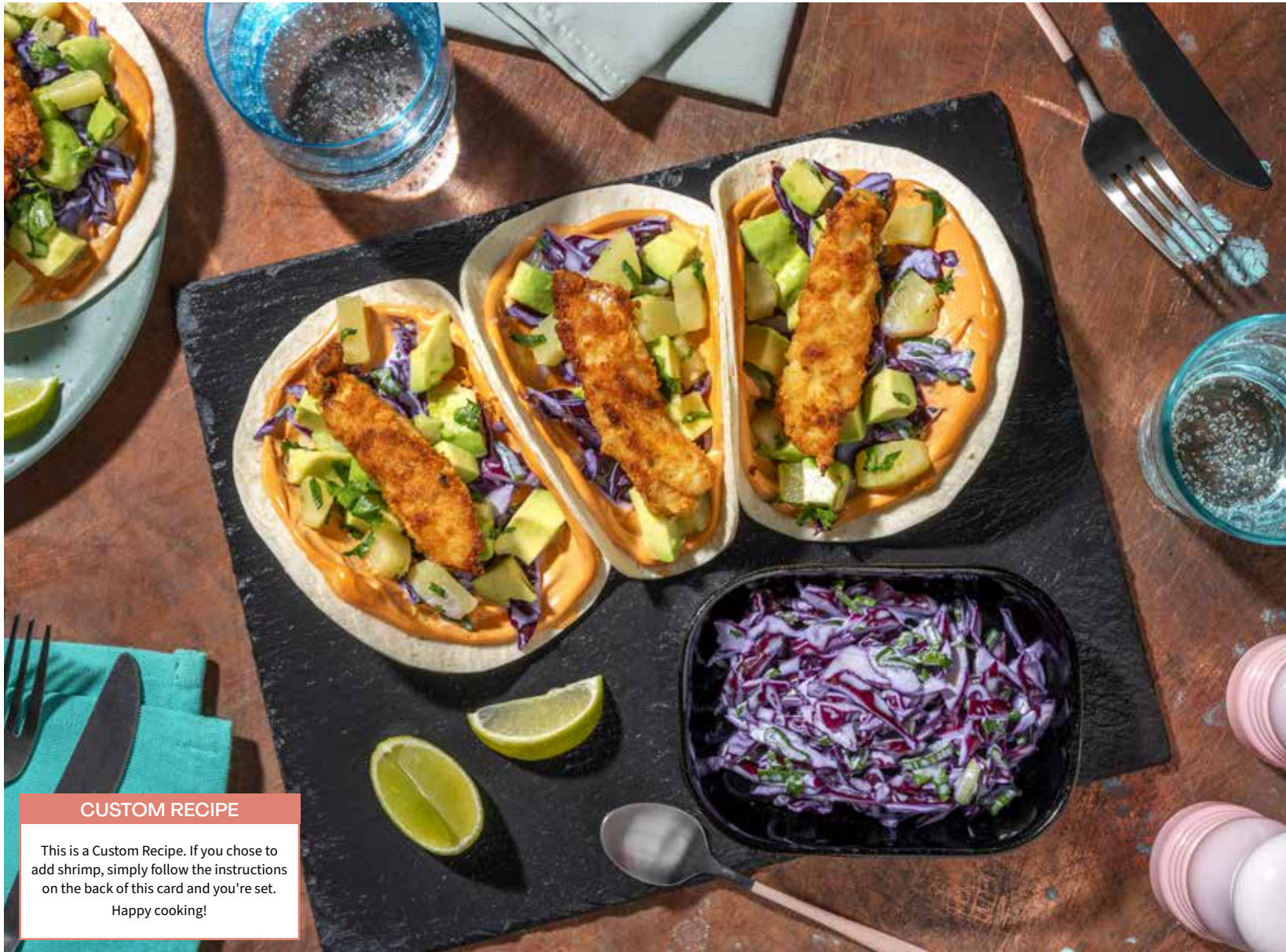
with Chipotle Sauce, Cilantro Slaw and Pineapple Salsa

Discovery

45 Minutes



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Sea Bass



Shrimp



Flour Tortillas



Red Cabbage,
shredded



Pineapple



Avocado



Lime



Green Onion



Cilantro



Mayonnaise



Chipotle Sauce



Cream Sauce Spice
Blend



Mexican Seasoning

CUSTOM RECIPE

This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Sea Bass	280 g	560 g
Shrimp	285 g	570 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 sea bass to a minimum internal temperature of 70°C/158°F and shrimp to a minimum internal temperature of 74°C/165°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.



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1 Prep

- 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.



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 **Cream Sauce Spice Blend** over **sea bass pieces**, then toss to coat.
- Using your hands, press **Cream Sauce Spice Blend** into **sea bass** 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** (1 **tbsp**) **oil** to a medium bowl.
- Season with **salt and pepper**, then stir to combine.



5 Shallow-fry sea bass

- Heat a medium non-stick pan (large non-stick pan for 4 ppl) over medium-high heat.
- Meanwhile, line a plate with paper towels.
- 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 Cream Sauce Spice Blend.
- Carefully add **sea bass** to pan. (**NOTE:** Don't overcrowd the pan! Fry 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 to the paper towel-lined plate.



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.

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt and pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat, then transfer to a plate. Cover to keep warm. Reuse the same pan to pan-fry **sea bass** in step 5.



6 Finish and serve

- Wrap **tortillas** in paper towels. (**NOTE:** For 4 ppl, make 2 tortilla packages.)
- Microwave until 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.

Top **plated tacos** with **shrimp**.

Dinner Solved!