

STAR RECIPE: FISH TACOS

(Makes 10)

This recipe is from the Week 1 Menu and allergen group is noted in red: **Fish**

Ingredients

2 red onions	Fresh ginger - thumb sized piece
Fresh coriander – handful	4 mixed peppers
2 garlic cloves	250g steamed pollock
2tsp ground cumin	2tsp fajita spice
500g red kidney beans	250 chopped tomatoes
1tsp fresh lime juice	10 ready-made corn tacos
Optional sour cream to serve (milk allergen group)	

Method

1. Chop the red onions, peppers and garlic cloves and grate the fresh ginger.
2. Sauté the onions, garlic and ginger for 5 minutes over a medium heat and add the cumin and fajita spice.
3. Add the peppers to the pan and continue to sauté for another 3-4 minutes.
4. Mix in the chopped tomatoes and keep cooking for a further 20 minutes until the liquid reduces down.
5. Chop the fresh coriander and add it to the pan with the steamed pollock and kidney beans.

Serve with corn tacos and sour cream (optional) and enjoy 😊