



6

SERVES/MAKES



COOKING TIME:  
< 30 min



COOKING STYLE:  
Stove

## LANCEWOOD® EASY FISH TACOS

### INGREDIENTS:

#### Fish bites:

- 500 ml sunflower oil
- 150 g flour
- Salt & freshly ground black pepper to taste
- 5 ml garlic powder
- 450 g hake fillets, cubed
- 125 g **LANCEWOOD® Buttermilk**
- 2 eggs
- 125 g breadcrumbs
- 4 – 6 wraps or taco shells

#### Dressing:

- 150 g **LANCEWOOD® Double Cream Plain Yoghurt**
- Juice of 1 lime
- 60 ml oil
- Salt & freshly ground black pepper to taste

#### To serve:

- Shredded red cabbage
- Fresh herbs
- Sliced avocado

### METHOD:

#### Fish bites:

Add the oil to a casserole pot and heat over high heat. Mix the flour, salt and pepper and garlic powder together. Add the cubed fish to the mixture and coat well. In a separate bowl, add the buttermilk and eggs and whisk together until well combined. Place the breadcrumbs in another separate bowl. Dip each cube of fish in the egg mixture and then in the breadcrumbs. Repeat this process again so that all the fish cubes are coated twice. Fry the fish cubes for 7 – 10 minutes or until golden brown and the fish is cooked through.

#### Dressing:

Using a small jug, add the yoghurt, lime, oil and seasoning and mix well.

**To serve:**

Place the red cabbage, fresh herbs, fried fish bites and avocado in a taco shell or a wrap. Add the fish bites and pour the dressing over. Enjoy!

**PRODUCTS USED:**

NEW



Buttermilk



Double Cream Plain Yoghurt

**ENJOY!**