

# FISH TACOS



Makes 6 | Prep time: 10 mins  
Cook time: 10 mins

## INGREDIENTS

2 tbsp. extra virgin olive oil  
300g flathead tails, cut into bite-sized pieces  
200g kaleslaw (supermarket variety)  
or alternative pre-packed salad bag  
1 tbsp. honey, slightly warmed  
Juice from ½ lime  
1/4 cup natural yoghurt  
6 mini tortillas  
Plain flour to coat fish  
Lime to serve



THE NUTRITION GUY

## METHOD

1. Heat oil in a large frying pan. Meanwhile, lightly coat fish in flour.
2. Cook fish in pan for 3-5 minutes or until cooked. Set aside.
3. Place kaleslaw in a mixing bowl.
4. Combine honey, lime and yoghurt in a bowl and stir well - dress the salad with the mixture. Leave a small amount of dressing aside.
5. Heat tortillas in the microwave for 20-30 seconds.
6. Layer each tortilla with kaleslaw and top with fish. Drizzle with remaining yoghurt dressing. Serve with lime wedges.

## NUTRITION TIP

Making the dressing with natural yoghurt is far healthier than using mayonnaise. Yoghurt is packed full of protein, calcium and vitamin B12. It also contains gut-loving microbes important for overall health and wellbeing.