



Fish goujon tacos

Prep: 30 minutes • Cook: 22 minutes • Serves: 4



Ingredients

Pink pickled onions

1 small red onion, peeled, thinly sliced
Juice of 1 lime (keep zest for the yoghurt)
½ red chilli, finely chopped
Leaves from a few sprigs of coriander

Lime and cumin yoghurt

120g Greek yoghurt
½ teaspoon cumin seeds, crushed
Zest from the lime used in pickled onions

Fish goujons

400g skinless, boneless haddock (or other firm white fish)
40g plain flour
2 eggs, beaten
65g panko breadcrumbs (or toasted breadcrumbs)
4 tablespoons vegetable oil

To serve

½ mango, sliced into thin matchsticks
1 avocado, sliced
8 corn or flour tortillas, 15cm diameter
1 lime, cut into 4 wedges
200g brown rice, rinsed (optional)

Nutritional info

Low phosphate **X**

Low potassium **✓**

Carbohydrate **87g**

Low protein **X**

Low salt **✓**

Cost per portion (November 2023) **£3.24**

Energy in kcals **642**

1

Pink pickled onions: put the sliced onion in a small bowl, cover with boiling water and soak for 10 seconds. Drain and put the onions back into the bowl, then add the lime juice. Stir the chopped chilli into the onions. Cover and leave in the fridge for a few hours. Mix the yoghurt, cumin seeds and lime zest together and set aside.

2

Fish goujons: cut the fish into about 16 pieces, as evenly-sized as you can make them. Dip each piece of fish, one at a time, into the flour. Gently shake off any excess, then dip it in the beaten egg, shake off the excess, and finally dip it in the breadcrumbs to coat it all over. Transfer to a baking tray or large plate. Continue with the remaining pieces. Cover and refrigerate for up to 24 hours (can also be frozen). Cook the rice according to the instructions on the packet.

3

Cook the goujons: preheat the oven grill to medium-high and pour the vegetable oil into a baking tray with a high lip, then put this in the middle of the oven for a few minutes to heat up. Carefully remove the tray from the oven and place the goujons in it, turning them over to coat them with the oil (which will be hot and could spit, so take care). Put the tray back in the oven and grill the goujons for about 5 minutes on one side, then turn them over to cook for a further 5 minutes, keeping a close eye on them to ensure they do not burn. They should be golden brown all over and the fish should be piping hot in the middle. Remove from the oven to a pre-warmed tray or large plate.

4

While the goujons are cooking, heat a small frying pan over a medium-high heat and place each tortilla in it for about 30 seconds each side to warm them through – or warm them in a microwave following the pack instructions. Wrap the tortillas in foil or a clean tea towel to keep them warm. Serve the fish goujons immediately with the warm tortillas, the lime and cumin yoghurt, the pink pickled onions (with the coriander leaves sprinkled on top) and the other accompaniments.