

AUSTRALIAN MANGOES



Makes: 4 snack size tacos
Prep time: 15 minutes
Cooking time: 10 minutes

SOFT FISH TACOS WITH MANGO SALSA

Ingredients

300g Flathead fillets or any white-fleshed fish

100g Panko breadcrumbs

2 eggs

Salt and pepper

100ml oil for frying

2 mangoes

1 small red capsicum

1 lime, cut in half

4 soft small tacos

1 Lebanese cucumber, washed and finely sliced

Mayonnaise

Your favorite salsa

Method:

1. Remove the bones from the fish and cut into thick strips.
2. Beat the egg and pour the panko crumbs onto a plate, season with salt and pepper. Dip the fish into the egg and then into the breadcrumbs until it's covered completely.
3. Heat the oil in a fry pan and fry the fish for 3-4 minutes on each side, remove and drain on some kitchen paper while you prepare the tacos.
4. Prepare mangoes by slicing off each cheek and cutting a lattice pattern in the flesh of each cheek, without cutting through the skin. Use a spoon to scoop out small bite size pieces.
5. Remove the seeds from the capsicum and dice.
6. Squeeze the lime juice over the salsa.
7. Build your taco by layering some cucumber, salsa, fish and squeeze over the mayonnaise. Top with plenty of mango salsa. Wrap into a cylinder closing one end off and serve.