

Easy fish tacos with crispy vegetables

Total time 70 mins 7 mins preparation time 3 mins cooking time 60 mins marinating time

Nutritional facts (per portion):

2547 kJ / 608 kcal

INGREDIENTS

2 portion(s)

200 g Boneless tilapia fillets (or

other white fish)

1 tbsp Kikkoman Naturally

Brewed Soy Sauce

3 tsp Olive oil

0.5 tsp Honey

0.5 tsp Kikkoman Spicy Chili

Sauce for Kimchi

1 pinch Garlic granules

6 Taco shells/mini tortillas

0.5 red onion (40 g)140 g Cherry tomatoes

1 Avocado **100 g** Radishes

1 Small cucumber

120 g Thick natural yoghurt or

Greek yoghurt

2 tsp Dijon mustard1 tsp English mustard

Few mint leaves

Fat: **19.1 g** Protein: **31.6 g** Carbohydrates: **74.8 g**

PREPARATION

Step 1

In a bowl, mix <u>Kikkoman Soy Sauce</u>, 1 tsp olive oil, honey, and <u>Kikkoman Spicy Chili Sauce for Kimchi</u>, add pieces of fish, sprinkle with garlic granules, stir. Put in the fridge for at least 60 minutes.

Step 2

Finely chop the onion. Cut cherry tomatoes into smaller pieces. Cut the radishes and cucumber into thin slices. Cut the avocado into slices.

Step 3

Mix natural yogurt with mustards.

Step 4

Heat the remaining olive oil in a pan and fry the fish on both sides. After frying, cool slightly and flake with a fork into smaller pieces.

Step 5

Fill each taco with avocado, radish and cucumber, fish, cherry tomatoes and onion. Decorate with sauce and mint leaves.